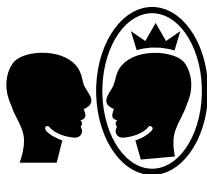


WHAT IS POST TRAUMATIC SLAVE SYNDROME?

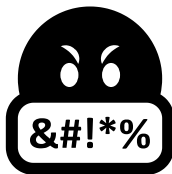
Post Traumatic Slave Syndrome is a condition that exists when a population has experienced multigenerational trauma resulting from centuries of slavery and continues to experience oppression and institutionalized racism. (Degruy, 2005)

SIGNS AND SYMPTOMS



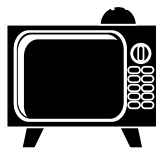
Vacant Esteem

The state of believing oneself to have little or no worth, magnified by validation of perceived inferiority from the media and larger society.



EVER-PRESENT ANGER

Anger than constantly lingers directly below ones surface as a direct result of slavery and still present systematic racism.



RACIST SOCIALIZATION

Internalized racism, oppression, and self-hatred due to the brainwashing of Blacks by Whites into thinking according to their standards.



#blackmentalhealthmatters

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