



6x

Travellers commit suicide at 6x the rate of the settled population.

Joint Committee on the Future of Mental Health Care, 2018



10x

Migrants suffer 10x the rate of Post-Traumatic Stress Disorder, due to trauma, discrimination, and other identity-based factors.

Faculty of Paediatrics, Royal College of Physicians of Ireland, 2019



5x

People in Direct Provision experience disproportionate rates of **depression and psychosis**, while asylum seekers are 5x more likely to experience **mental health issues and psychiatric conditions**.

Doras

INDIVIDUAL

EFFECTS OF RACISM



EMOTIONAL

- Damaging effect on mental health: distress, PTSD, insomnia, depression, anxiety, fear, low self-esteem etc.
- It humiliates, dehumanises and goes to the heart of identity and dignity.
- Changes in behaviour and routine.
- Suicide.



PHYSICAL

- Physical injuries and their effects which may lead to ill physical and mental health.
- Loss of or damage to property.
- Premature death.



FINANCIAL

- Medical costs.
- Fixing property loss, damage or repair.
- Avoiding public transport, paying extra for alternatives.
- Change of employment or housing.
- Illegal denial of social security.
- Leaving the country.



SOCIAL

- Isolation and low trust in others.
- Hyper-awareness of difference.
- Effect on social life.
- Fear of new places or joining new groups.
- Disconnection from community.
- Lack of confidence in public spaces
- Fear of engaging with strangers

EFFECTS OF RACISM: iREPORT.IE TESTIMONIES



“ I was very shaken afterwards as it was daytime and so close to my house. I stopped going to the shops near me and now do my shopping in the city centre instead. It left me feeling very vulnerable and unwanted and a bit dirty. The stuff he said was really vile.



“ I have headaches, lack of sleep, I feel sick, I am worried about my mental health, I feel isolated and helpless.



“ My son does not want to go to school and he does not feel safe and becomes silent. He refuses to talk any more, he is depressed and stressed and always says it is better to die than go to school.

SOCIETAL

EFFECTS OF RACISM

RIPPLE EFFECT OF RACISM

- Racism can impact on a **victim, their family and community**, especially when the response of the leaders, neighbours and authorities is poor.
- Members of the same minority groups can react as if **the same has happened to them**.
- Communities can become isolated and torn apart.



THE ROLE OF BYSTANDERS & ALLIES

- **Failing to intervene** can worsen a target/victim's psychological response, causing them to feel helpless and excluded, increasing social isolation.
- It can encourage normalising racist behaviour and make them feel that racism is accepted and supported by society.
- **Intervening** helps with challenging and changing the cultural norms that make racism acceptable.
- It can significantly reduce the impact of a racist incident.

