# Taking Action on Racism and Structural Violence in

## Introduction

Racism in Canada, in its various forms, is a significant public health issue that has been identified by the Black Lives Matter movement, Indigenous Peoples, and racialized communities as a key social determinant of health.[1–8] The Canadian Psychiatric Association's (CPA) position paper, A Call to Action on Racism and Social Justice in Mental Health, describes how racism and discrimination are significant barriers to mental health and well-being.[9] The paper also identifies a number of actions that psychiatrists and the CPA can take to address racism in mental health. These actions are:

1. Create a safe space for discussions about racism.
2. Develop collaborative relationships with racialized communities.
3. Increase the diversity of psychiatrists.
4. Develop culturally appropriate and safe practices, including cultural competency training, cultural humility, and cultural safety.
5. Promote anti-racism and anti-oppression in psychiatric practice.

## Key Concepts

Racism is a complex phenomenon that has been defined in many ways. Racism can be based on

[10–13] Racism can be [illegible] [illegible] [illegible]

a ac a a
a a b .[64] I ac
ç a c ac
c a c a ac
S Sc a a acc c a
a a , ab , ca a a a
a , .[65,66]

T , a , a c b ac a
c ç a c a a
b , , b , ca a a a
ab .[30] T , c c allostatic load,[67] , c ,
c b , ca a a c , c ,
a acc ç ac , a ,
c .[68] T , aç c a a a
ac acc , a , c a c b
.[69]

M c a c b a a a b
a a , ca c , ca a c a
c c .[38,70] M c a a b ,
cc a a a
b c .[10,15] C c
c c fic a —a , c ,
a a .[71,72] T , c a
c a aç a , a , ç
c .[73]

Rac a a , a , c a B ac a I

33. A a ME, B LAE, G fi PE. T ac , a c a ! c . N Y (NY): R ! ; 2007. . 478.

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40.I.(a )-221a 17504 ! .5(:)- 95(Rac15-270.1(a )-17(ab ! 1)-278.2( 17504 95(:(a )4-9

a ! . P c TJT7.68;9a cTD[(1.0049 )13.2( .)-29a c ac

111. K a M, K ba a , K, L SM, a (I )V b
Ca a a , a , a a a c , P c a c t a c
c . 2015;3(1):A c 5.

# Un appel à l'action en matière de racisme et de violence structurelle dans la formation et la pratique clinique psychiatriques

## Introduction

D c a Ca a, c
c b a ’ a a c
a ’a c a c
B ac L Ma ( N c ), a
a a a
A c , N , A a ’a
ac a , b a
ab ac a a , a
a b - [11–8]. L’A c a
c , a Ca a a b c a a
c , Un appel à l’action en matière de racisme et de justice sociale en santé mentale, a ab
a a ç c , a a c
fica ç a
a , a c a c ç
ca c , a a
a ac a a , a
a ç 839

L a ac a b a a ac , a a a a c c a a , c’ a : a a c b c a a[124–129], a a a c TSPT[130–131], ’ a a a c [132–133], a c a a a a a[134–135]c fl c c ac a c a c a b a c a a a a c a c ’ c[136], c b a ac a ’ a a[137]. U a-a a a b c a ac a a -A a a c a a, c c a -a a a a a a a a a a a c c a a[138]. Pa ! - ac a ! , Ca a c c a a b ’a a a c a c ca a a a a a - a a a a[123].

## r r r n r t n y t r u n nn t v r t r nn

Ma a c a a c c a b a a a ac , a a a a a ab ac a[78,139–141]. I a b a ’ a fi a a ac a - , a a a a a a a a a a . L a c c a c a a ac ’

11. H a, ,K, F c , W.L. A ac ac : c ac ,

55. Fa PE, N B, S S, c S ç a c a c ca c . PL S M . 2006;3(10): 449.

56. P L. G a , ac a , c, II: , a ac , ac a ca , a a - a ç c . P H G . 2017;41(4):524-533.

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