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Psych Hub precis

In this video “Racism and Mental Health”(2020), Psych Hub, a youtube channel dedicated to mental health education asserts that racism has a negative impact on people’s mental health by addressing immediate and long term effects of racism. By supplying the viewer with information about the long term and short term effects of racism on people they build to their claim of the negative impacts racism has on mental health. Psych Hub wishes to convey to their audience the importance of mental health related to racism in order to help create awareness for those who may be suffering in silence. The video's audience most likely consists of those interested in mental health awareness as is evident in the videos references to the effects of racism on our mental health as individuals and a society; the video addresses the audience with an educational tone that calls the audience to be more aware.