

# ADVERSE CHILDHOOD EXPERIENCES

WHAT ARE ADVERSE  
CHILDHOOD  
EXPERIENCES (ACES)

## ACES

ARE POTENTIALLY TRAUMATIC CHILDHOOD EVENTS THAT CAN  
LEAD TO LONG-TERM PHYSICAL AND MENTAL HEALTH  
DEFECTS.



## POSSIBLE TRAUMATIC EVENTS

- PHYSICAL ABUSE
- EMOTIONAL ABUSE
- SEXUAL ABUSE
- DOMESTIC  
VIOLENCE
- PARENTAL  
SUBSTANCE ABUSE
- ILLNESS
- SUICIDE/DEATH



INCARCERATION

## MENTAL HEALTH

ACES HAVE BEEN ASSOCIATED WITH DEPRESSION,, ANXIETY, AND PTSD.  
THE HIGHER THE NUMBER OF ACES EXPERIENCED THE INCREASED RISK  
OF

MENTAL HEALTH ISSUES. ("Adverse childhood experiences (ACEs),"  
2022). MENTAL HEALTH ISSUES MAY MANIFEST IN DIFFERENT WAYS,  
SUCH AS DIFFICULTY CONCENTRATING, NIGHTMARES, FLASHBACKS