

# ACEs

## ADVERSE CHILDHOOD EXPERIENCES

**Adverse Childhood Experiences (ACEs) refer to traumatic or adverse events that occur during childhood, and they can have a profound and lasting impact on a person's physical and mental health throughout their life.**

### Common ACEs include:

#### Physical abuse:

Physical harm or injury inflicted on a child by a parent or caregiver.

#### Emotional abuse:

Verbal or emotional mistreatment, including humiliation, belittling, or constant criticism.

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#### Sexual abuse:

Inappropriate or non-consensual sexual contact.

#### Neglect:

Failure of a parent or caregiver to provide basic physical and emotional needs, such as food, shelter, and affection.

#### Household dysfunction:

Living in a household with factors such as substance abuse, mental illness, domestic violence, or incarceration can create a stressful or unstable environment.

Evidence shows a correlation between exposure to these adverse experiences and an increased risk of mental health issues, as well as physical health problems, substance abuse, and other social challenges in adulthood.

The more ACEs a person experiences, the higher their risk for these negative outcomes.

Recognising the impact of ACEs is crucial for improving mental health outcomes, particularly for those who have experienced significant childhood adversity.

