



Live *beyond*



**If past trauma still hurts,
you're not alone.**

Adverse Childhood Experiences (ACEs) are common. ACEs can include experiencing abuse, neglect, having a caregiver who struggled with mental health or substance use, or experiencing divorce or the loss of a parent. Toxic stress caused by ACEs can impact our mental and physical health, and our relationships. Even today. But it's never too late to begin healing.

*There's healing ahead.
Start your journey at livebeyondCA.org.*

**live
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