

# Help Patients *Heal* from ACEs



## Support for patients impacted by ACEs or toxic stress

Adverse Childhood Experiences (ACEs) are stressful or potentially traumatic experiences that happen to us before we turn 18. Examples include having a caregiver who struggled with mental health or substance use, witnessing domestic violence, or experiencing abuse or neglect.

ACEs are common in California. When traumatic events happen over and over again, without enough buffering support, our natural stress response gets over-activated and we can experience something called toxic stress. Toxic stress can impact our mental and physical health well into adulthood.



3 out of 5 people in California have experienced at least 1 ACE.

The good news is that healing is possible. And as a health care provider, you can partner with your patients on their healing journeys. Please share these valuable resources from the Office of the California Surgeon General's *Live Beyond* campaign today to help them learn more about ACEs, toxic stress, and things we all can do to heal.

## Resources for Patients

### Downloadable and printable in multiple languages

#### ACEs, Toxic Stress, and Stress Busters Palm Card

This easy-to-reference card explains what ACEs are, why they matter, and details 7 proven Stress Busters to help with healing.

#### Stress Buster Pocket Card

Get strategies for managing stress in the moment, including step-by-step mindfulness and calming breathing exercises.

#### Guide for Patients to Access Support

A quick guide for patients on how to access additional support to help heal from the impacts of their ACEs and toxic stress, find a mental health care provider, begin a conversation, and more.



Palm Card



Guide for Patients to Access Support



Pocket Card

Visit [livebeyondca.org/campaign-resources](https://livebeyondca.org/campaign-resources) to download these resources.

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## On-Demand Resources for Patients

### Apps

#### Soluna

Available 24/7, this 100% free mental health app connects Californians ages 13–25 with live coaching, stress relief, and online communities.

Download at [solunaapp.com](https://solunaapp.com).



#### BrightLife Kids

For California families with kids ages 0–12, this 100% free app provides expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more.

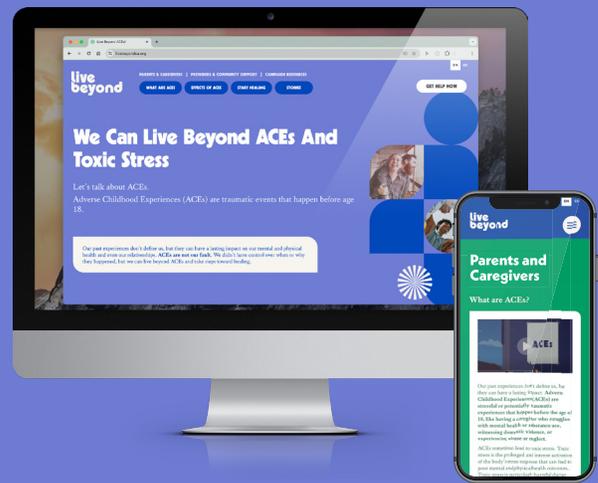
Download at [hellobrightline.com/brightlifekids](https://hellobrightline.com/brightlifekids).



### Online

#### Live Beyond

We're stronger than our trauma. For more info, proven Stress Busters, videos by Californians who are healing from toxic stress and ACEs, and more, go to [livebeyondCA.org](https://livebeyondCA.org).



Live Beyond website

HEALING ISN'T LINEAR

My past doesn't define my future

### Tips for providers

Make sure you visit the California ACEs Aware initiative for up-to-date training content on ACEs screening, implementation, treatment, and healing for patients.

Visit [acesaware.org](https://acesaware.org).



ACES Aware website

