

Attn: _____

From: _____

Dear Patient,

According to the Adverse Childhood Experiences study, a history of childhood trauma may contribute to lifetime health and mental health conditions. Childhood trauma survivors are more likely to suffer from depression, anxiety, addiction and PTSD, as well as many chronic health issues such as diabetes, lung cancer and heart disease. Please check off all of the following that apply to you, so that we can provide you with the best possible treatment.

I experienced the following kinds of childhood trauma:

- neglect/abandonment
- physical abuse
- emotional abuse
- sexual abuse
- financial abuse
- a family member with addiction
- a family member with depression or other mental illness
- a family member who was incarcerated
- witnessing domestic violence
- other: _____

I live with / have been diagnosed with the following:

- anxiety
- depression
- post traumatic stress disorder
- addiction
- chronic pain / fatigue
- currently living with or witnessing domestic abuse
- other: _____

You can help me feel more comfortable during my treatment in the following ways:

- Refer me to mental health clinicians who specialize in trauma that can support me.
- When you are examining me, ask for consent before you touch me, and keep me apprised of what you are about to do and why.
- Understand that certain medical procedures may be triggering for me, and offer alternative procedures when possible.

For more information, see:

ACEs Connection <http://www.acesconnection.com/>

ACEs Too High <https://acestoohigh.com/>

Parenting With PTSD www.parentingwithptsd.com