



“Adverse childhood experiences (ACEs)”

ACEs are potentially psychologically traumatic events in a child’s family or social life that disrupt the child’s health and cause harm or distress.

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“Adverse childhood experiences (ACEs)”

ACEs include:

- Emotional or physical neglect;
- Emotional, physical, or sexual abuse; or,
- Violence in the household.

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“Adverse childhood experiences (ACEs)”

ACEs can make children vulnerable to later life mental health problems or disorders.

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Heber A, Testa V, Groll D, Ritchie K, Tam-Seto L, Mulligan A, Sullo E, Schick A, Bose E, Jabbari Y, Lopes J, Carleton RN. Glossary of terms: A shared understanding of the common terms used to describe psychological trauma, version 3.0. Health Promot Chronic Dis Prev Can. 2023;43(10/11). <https://doi.org/10.24095/hpcdp.43.10/11.09>



RESOURCES

IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, PLEASE CALL 9-1-1.

**Help is available 24/7 for suicide prevention and mental health.
Here are some resources:**

- **Talk Suicide Canada: 9-8-8**
- **For Quebec residents: 1-866-APPELLE (277-3553)**
- **Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868**
- **Hope for Wellness Helpline for Indigenous peoples: 1-855-242-3310**
- **Trans Lifeline: 1-877-330-6366**
- **Wellness Together Canada**

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Glossary of Terms

Background

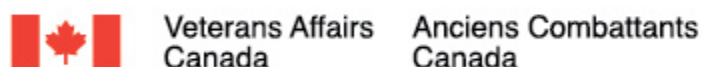
The Glossary of Terms was created to promote a shared understanding of many common terms used to describe mental health challenges arising from exposure to potentially psychologically traumatic events and stressors.

The initial iteration of the glossary was intended to:

1. Facilitate open discourse and conversations among the many partners and stakeholders at the National Conference on PTSD held in 2019; and
2. Assist in developing the Federal Framework on PTSD. To date, Act C-211 stands as the only federal government Act that acknowledges the importance of work-related risk factors in the development of PTSD in certain professions.

COLLABORATING

The Glossary of Terms brings together a diverse, multi-institutional, pan-Canadian group of academics, clinicians, and policy makers. Together, we are working towards a broadly accepted set of terms for clinicians, scientists, policymakers, people with lived experience, and the general public.



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