

ACEs

QUESTIONNAIRE

Your health care team
cares about you
and your health.

That's why we'd like to ask you some questions about your emotional and mental health.

Your mental and physical health are closely connected. We know it's important for our patients to have good emotional and mental health and we want to support you on that journey.

The Adverse Childhood Experiences (ACEs) Questionnaire is voluntary and will help us in providing you with the very best quality of care.

Ask your practitioner about
ACEs today to find out more.



Kootenay Boundary
Division of Family Practice
A GPSC Initiative

SharedCare
Partners for Patients



What are ACEs and why do they matter?

Adverse Childhood Experiences (ACEs) are stressful events that occur in childhood. They are very common. In fact, research shows that many of us have at least one. ACEs can happen to anyone and may have lasting effects on health.

A higher number of ACEs can mean a greater risk of health problems across our lifespan. By asking about your ACEs history, we can help identify and reduce stressors while promoting resilience.

Your practitioner can use this information to help guide medical decisions, connect you to helpful resources, and provide you with the very best care.

The questionnaire is voluntary. Your information will be treated with respect and confidentiality.

Ask your practitioner about ACEs today to find out more.