


## Resources for Support


**Need to talk to someone but you're not in "crisis"?**

Call the Chester County Warm Line

 1-866-846-2722

**Are you experiencing an emotional crisis?**

Call Valley Creek Crisis (open 24/7)

 610-280-3270

**Just like no one's ACEs story is the same, no one's healing journey is the same. And for some, we may want to involve a mental health or medical professional to assist us on this journey**

To learn more about how to get started with mental health treatment in Chester County visit the Department of MH/IDD website below



<https://www.chesco.org/617/Mental-Health>

## I KNOW MY ACES SCORE.. NOW WHAT?

MOVING FROM SURVIVING TO THRIVING.

**YOU ARE NOT ALONE.**

*Two out of three of us have experienced ACEs.*

**ACES HAVE LIFELONG IMPACTS.**

*It's important to understand that the ACEs we experienced as a child may impact how we function today. Positive Childhood Experiences (PCEs) can lessen the impact of ACEs.*

**OUR BRAINS CAN BE HURT BUT THEY CAN ALSO BE HEALED.**

*We can heal from the damage that toxic stress has had on our brains and bodies by removing stressors from our lives and replacing them with positive experiences, which ultimately will build our resilience.*

## THE GOOD NEWS

WE ARE RESILIENT AND WE CAN HEAL!

### Step One

*Understand how ACEs or childhood adversity may have impacted us, maybe even in ways we didn't recognize before. Visit these websites to learn more:*

- Chester County ACEs Coalition: [www.CCACEsCoalition.com](http://www.CCACEsCoalition.com)
- Centers for Disease Control & Prevention: <https://www.cdc.gov/violenceprevention/aces/index.html>
- Number Story: [www.NumberStory.org](http://www.NumberStory.org)

### Step Two

*Use strategies, healthy practices, routines, and tools to rewire our brain and body.*

- Complete the "Self-Care Assessment for Adults" to set goals to support your health
- Seek supportive relationships
- Get high-quality, sufficient sleep
- Focus on healthy nutrition
- Exercising regularly
- Practice mindfulness and meditation
- Experience nature
- Seek mental health treatment (if needed)

It may be easy to dismiss self-care as too simple to make a difference. But these tools are scientifically proven to have powerful effects on our brain and body. They can improve our mood, outlook, physical health, ability to think, and how we relate to others — especially when practiced over time.