

Attn: _____

From: _____

Dear Health Care Provider,

I am a survivor of childhood trauma. As such, I am aware that there are many potential triggers that may come up for me, both in general and within the health care system. According to the Adverse Childhood Experiences study, my trauma history may contribute to lifetime health and mental health conditions. Childhood abuse survivors are more likely to suffer from depression, anxiety, addiction and PTSD. I have provided some information here so that you will be able to consider them in your care of me. Thank you for prioritizing my mental health while you care for my physical health.

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.
- Be sensitive to the fact that survivors of childhood trauma are at higher risk for multiple health issues, including but not limited to: diabetes, lung cancer and heart disease.

Thank you for taking the time to incorporate this information into my treatment plan.

Sincerely,

For more information, see:

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

The Adverse Childhood Experiences Study <http://acestudy.org/index.html>

Parenting With PTSD www.parentingwithptsd.com