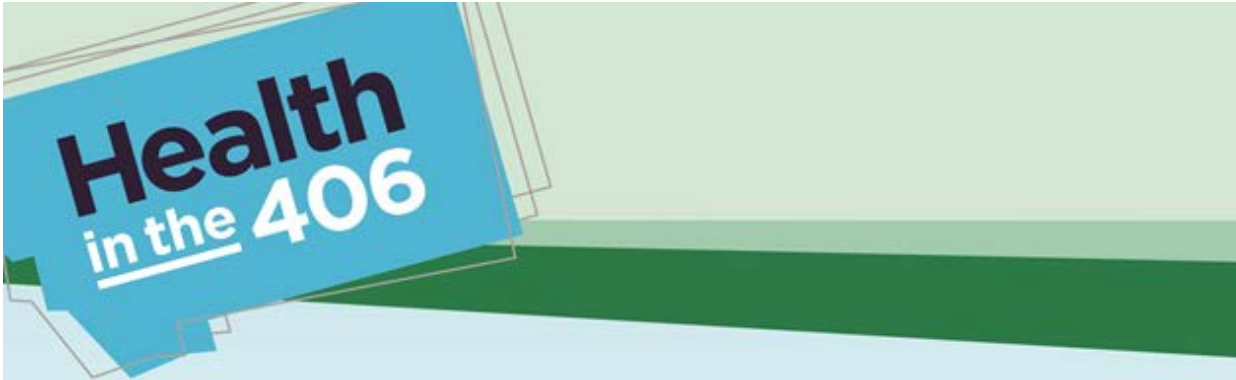


**From:** healthinthe406@mt.gov  
**To:** [Antila, Mackenzie](#)  
**Subject:** Health in the 406: Focus on ACEs/resilience/trauma  
**Date:** Tuesday, March 28, 2017 11:05:07 AM

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## Health in the 406: Focus on ACEs/resilience/trauma

- [Adverse Childhood Experiences](#) (ACEs) impact health and might affect one's well-being.
- Self-reported overall [health](#) and [behavioral health](#) declines as the number of ACEs increases; [find your score here](#).
- ACEs can be [overcome](#). Those who have experienced an ACE can get assistance to build [resilience](#) and decrease the likelihood of adverse mental and physical health issues.

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*Health in the 406 is regular communication by DPHHS on a variety of wellness topics designed to raise awareness of issues that impact the daily lives of Montanans. Public health is a partnership of individuals and organizations and all Montanans have a role so they can improve their health and enhance their quality of life for themselves and loved ones. This health message is brought to you by the DPHHS, Public Health and Safety Division.*

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