3 in 4 children globally, aged 2–4 years, regularly suffer physical punishment and/or psychological violence by parents and caregivers.

1 in 3 women globally have experienced interpersonal violence.

Trauma is everywhere

More than 60% of adults have experienced at least one Adverse Childhood Experience (ACE) and at least 25% have experienced 3 or more.

More than 40% of adults reported struggling with mental health or substance abuse during the global pandemic - 3X more than in previous years.

3 in 4 children globally, aged 2-4 years, regularly suffer physical punishment and/or psychological violence by parents and caregivers.

1 in 3 women globally have experienced interpersonal violence. That number is disproportionately higher for women of color and trans and nonbinary people.

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3 in 4 children globally, aged 2–4 years, regularly suffer physical punishment and/or psychological violence by parents and caregivers.

1 in 3 women globally have experienced physical and/or sexual IPV or non-partner sexual violence.

Resources to heal are not.

Less than 2 mental health workers are available per 100,000 people in low income countries, compared to over 70 per 100,000 people in high income countries.

Less than 2% of global median health budgets is spent on mental health. Per capita mental health spend in Europe is 200X higher than in Africa and Southeast Asia.

Up to 85% of people with mental illness in low and middle income countries receive no treatment.

Racism, poverty & stigma as well as lack of racial representation and culturally responsive treatments are some of the many barriers blocking BIPOC access to mental health support.

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The impact is devastating

**Physical & mental health issues**
ACEs are linked to 5 of the top 10 leading causes of death, heart disease, cancer, respiratory diseases, diabetes, suicide, and depression.\(^\text{10}\)

**Life challenges**
Trauma is linked with increased risk of alcohol & drug abuse, lower educational attainment, higher unemployment, and lower household income.\(^\text{11,12}\)

**Lower life expectancy**
Survivors of multiple childhood traumas have an increased risk of premature death, by as much as 20 years.\(^\text{13}\)

**Economic cost**
ACEs have an annual economic cost of $1 trillion in lost productivity and healthcare, in North America and Europe, alone.\(^\text{14}\)

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Health issues
Children of trauma survivors have greater risk of physical, mental health and developmental issues, e.g. depression, chronic illness.¹⁰

Epigenetic changes
Trauma can leave a mark on genes, affecting cell functioning, stress responses, and mental health.¹¹

Cycles of violence
Maltreated children are at greater risk of becoming a victim or perpetrator of violence as an adult.¹²

THE FACTS
Effects are generational
Biologically & socially
Cycles of trauma & harm
perpetuate themselves at the individual, interpersonal, community & institutional level


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References


