Approximately 12% of the population will be exposed to adversity during childhood that will place them on a trajectory of health disparities. These disparities include a 4-fold increase in risk for depression, a 12-fold increase in risk of suicide, and earlier mortality. Indeed, this 12% of the population makes up nearly half of all individuals living with psychiatric disease. In this talk, I will discuss the biological pathways through which adversity during childhood influences the development of the immune system and the stress hormone system in ways that promote depression and other psychiatric disorders across the lifespan, and will discuss the methods our lab is using currently to interrogate these pathways. Finally, I will discuss several opportunities for prevention and intervention in at-risk groups that would target these physiological pathways which may help to mitigate the lifelong negative health sequelae associated with childhood adversity exposure.