



# Adversity, Trauma and Resilience

**This is my pledge – to work both professionally and personally to reduce adversity in society and the harm that can lead to...**



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I pledge to do all I can to ensure services pay attention to the lives people have lived alongside what they're struggling with in the here and now. That staff working with service users are equipped to have quality, safe and effective working relationships and the skills required to support people's recovery. To recognise that our staff are people too and their wellbeing is essential. To promote the idea that all our policies, procedures and environments are trauma informed encouraging a sense of safety that is supportive of recovery.

Also to work both professionally and personally to reduce adversity in society and the harm that can lead to later physical and mental health issues, intervening early to build resilience in all.

