



# Adversity, Trauma and Resilience

**This is my pledge – to support and champion the work West Yorkshire because WY is taking action.**



As the CEO of a mental health and learning disability Trust and the Executive lead for mental health, learning disability and autism I have sadly seen the devastating effects of adversity and trauma on people's lives, especially on their mental health.

We can do more to reduce adversity and trauma and to ensure we have the best services available to provide support and treatment. This is why I am making this pledge to support and champion the work West Yorkshire because WY is taking action.

This can only be achieved by all agencies in health, care, education, police and beyond working together; to provide trauma informed services and putting the young person at the heart of our decision making. This is about long term change and requires long term commitment and action.

Dr Sara Munro, CEO Leeds and York Partnership NHS Foundation Trust and SRO for Mental Health Learning Disability and Autism for West Yorkshire ICS

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