



Adversity, Trauma and Resilience

Preventing suicide



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I pledge to always listen; to give people who have experienced adversity and trauma the space to speak and be heard.

I will take what I hear and drive change.

I will work tirelessly to ensure that people who have experienced trauma and adversity are included and welcomed. I know this will reduce isolation and improve mental health, including my own.

Trauma and adversity are significant risk factors in self harm and suicide. Ultimately, creating a trauma-free world will reduce the number of people who take their own lives.

