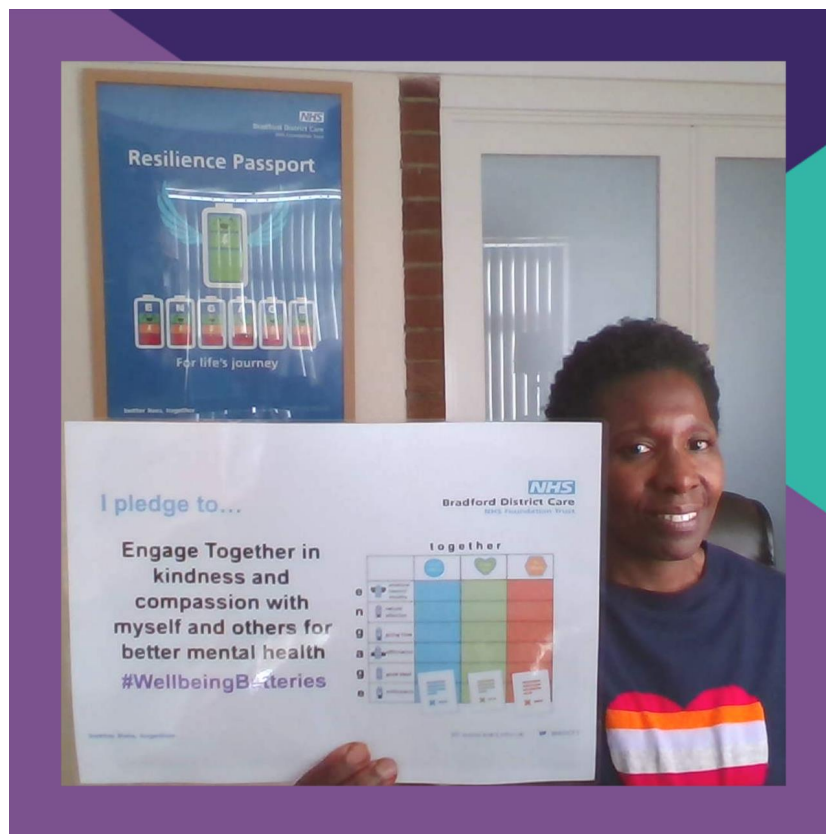




# Adversity, Trauma and Resilience

## This is my pledge

Engage together in kindness and compassion with myself and others for better mental health #WellbeingBatteries



**Sue Francis**

Pledge made at West Yorkshire & Harrogate,  
Adversity, Trauma and Resilience Knowledge Exchange

*March 22<sup>nd</sup> – 24<sup>th</sup> 2021*

