



**I pledge to ask all of my patients how they are feeling both physically and mentally.**

**#MakingParityReality**



**I pledge to set up a working group of like-minded staff to support wider change in my workplace.**



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**I pledge to be aware of supporting services in my community for referring patients to.**

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**I pledge to identify  
healthy interventions to  
improve overall health and  
wellbeing.**

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**I pledge to identify the staff member responsible for training and development for my colleagues who need extra support.**

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**I pledge...**



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