

Being psychological, adversity and trauma-informed

The Six PAT Principles

1 Safety

We aim to create psychologically safe spaces with everyone we work with. This enables us to hold brave conversations and support people to grow.

2 Choice & Clarity

We offer clear choices about people's rights and responsibilities using language that's easy to understand. We encourage everyone to use their voice and make decisions for themselves.

3 Collaboration

We embrace partnership working in all we do, understanding that we are stronger together. Decisions are made with people, not for them. Power is shared and everyone's voice is heard.

4 Trustworthiness & Transparency

We try hard to ensure processes and communications are transparent. We promote healing relationships that demonstrate compassion and seek to repair misunderstandings to build a sense of trust.

5 Empowerment

We celebrate people's efforts, skills and achievements. By focusing on strengths this fosters motivation, engagement and wellbeing for all.

We value diversity and inclusion, and address inequalities and oppression. We understand the influence of the social context, past adversity, and trauma on everybody's lives.

6 Inclusivity

**SECOND
STEP**

PUTTING MENTAL HEALTH FIRST