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HEALTH & WELLNESS



**Resiliency Within**  
Building Resiliency during Unprecedented Times

**Elaine Miller-Karas**

**TRAUMA RESOURCE INSTITUTE**

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[www.traumaresourceinstitute.com](http://www.traumaresourceinstitute.com)

**Resiliency Within**  
Monday at 1 PM Pacific  
**January 31st 2022: Hope: Mental Health in poor and traumatized communities**

Chris Underhill MBE works as a mentor and is a social entrepreneur in the field of quality of life, and mental health in the community. The host of Resiliency Within first met Chris in Oxford, England at the Skoll World Forum where she was struck by his depth of understanding of the suffering of individuals with mental health challenges. He also shared an abundance of hope of how to bring innovations to meet the challenges of those who suffer in developing countries. Chris Underhill draws on his lived experience as a child and his many years hands-on in the field to discuss resiliency and t

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#### Featured Guest



##### Chris Underhill

Chris Underhill MBE works as a mentor and is a social entrepreneur in the field of quality of life, and mental health in the community. Drawing on his lived experience as a child, he has spent many years "hands-on" in the field and sets great store by his work in interpersonal relations. Chris has developed a number of social enterprises, for example Thrive, an organisation working in gardening, disability and community ([www.thrive.org.uk](http://www.thrive.org.uk)) and ADD International ([www.add.org.uk](http://www.add.org.uk)), working in the developing world with disabled people creating systems of representation, advocacy and policy development. He has built several organisatio

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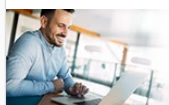
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