

# NOTES

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## Chapter 9 Bringing about change

Links to Resilience film, Suzanne Zeedyk, Tina Hendry, Upstart

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<https://www.facebook.com/ResilienceImpactDoc/>

<http://www.suzannezeedyk.com/>

<https://www.facebook.com/drsuzannezeedyk/>

<http://reattachparenting.co.uk/>

<http://www.upstart.scot/>

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## Afterword - Anne McKechnie

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<https://www.getselfhelp.co.uk/>

<https://www.nhs.uk/pages/home.aspx>

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<https://compassionatemind.co.uk/about-us>

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