

Being mentally healthy feels good.

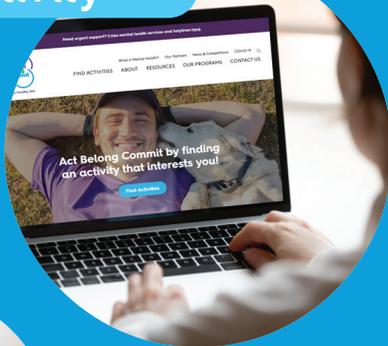
Being mentally healthy is when each of us are able to realise our potential, cope with day-to-day stresses, work productively, and make a contribution to our community. Get on the front foot with your mental health. It's as simple as Act Belong Commit.

Get involved

www.actbelongcommit.org.au

Find an activity

Jump online and find an activity today



Where are you at?

Take our self assessment to check in with your mental health

Connect with us.



Learn more at actbelongcommit.org.au

Keep updated on events

Find activities near you



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Mental Health Commission



How to keep mentally healthy.



Mentally Healthy WA

Act

Do something

- Take a walk
- Read a book
- Dance
- Chat with a friend
- Meditate or pray

Keep active in as many ways as you can mentally, physically, socially, spiritually, culturally...



Keep connected to friends, family and community.

Commit

Do something meaningful

- Volunteer
- Take on a challenge
- Learn something new
- Help out a friend or neighbour
- Commit to a cause

Be involved in activities that provide meaning and purpose in life.



Belong

Do something with someone

- Join a local sports club
- Get involved in a book club
- Catch up with your mates
- Attend community events
- Connect with your neighbours

