



Want to get involved?

The Act-Belong-Commit project is aimed at giving people opportunities to enhance their mental health. It's based not only what health experts think, but what ordinary people – like Nana and Grandad – already know is good for our mental health. The more mentally healthy we are, the happier we are and the more able we are to cope with problems and stresses in life.

The trouble is, while we think a lot about how to keep physically healthy, we forget about keeping mentally healthy.

You can get involved by simply doing things you like to do. You could go further and join a group – or get more active in a group you already belong to. Or get involved in community issues or a good cause.

It's as easy as A-B-C : Act-Belong-Commit.

Think about it. Talk about it with a friend. If you'd like to know how you or a group you belong to can get involved, contact us at

**Mentally Healthy WA - Ph 9266 1709
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