

How can I be more mentally healthy?



Mentally Healthy WA

You can improve your mental health and wellbeing by following this simple “A-B-C”...

Act: keep physically, mentally, spiritually and socially active

Belong: keep up friendships, join in groups and community events

Commit: challenge yourself, volunteer for a good cause, help others

Make a start by answering these questions ...

I want to enjoy life more

YES

I want to find out what I can do to improve my mental wellbeing

I want to find a sports club or a community group in my local area

I want to check if my lifestyle is good for my mental health

I want to be more resilient

I want to find out how I can challenge myself

I want to find out how I can help others

If you said **YES!** to any of the above, visit the Act-Belong-Commit website where you can do a self-assessment on how you currently Act-Belong-Commit, search for clubs, community events and volunteer opportunities, make a pledge to look after your mental health and get in touch with many others who want to enjoy life more (join us on Facebook!). **Or give us a call on 08 9266 3788 for a real-life chat.**