



Feet and hand design by Penesha Wally

## Need Support?

Lifeline - 13 11 14

Samaritans 24/7 Crisis Line - 135 247

Mental Health Emergency Response Line 24/7 -

Metro 1300 555 788

Country 1800 676 822

Beyond Blue - 1300 224 636

Alcohol and Drug Support Line 24/7 -

Metro (08) 9442 5000

Country 1800 198 024

RuralLink - 1800 552 002

Parentline - 1300 30 1300

Or contact your local health centre.

To contact Mentally Healthy WA:

P: (08) 9266 4648

E: [info@actbelongcommit.org.au](mailto:info@actbelongcommit.org.au)

W: [actbelongcommit.org.au](http://actbelongcommit.org.au)

[@actbelongcommit](https://twitter.com/actbelongcommit) #actbelongcommit

The adapted Act-Belong-Commit Aboriginal logo was designed by Jasminda Stevens from Roebourne WA.



STANDING  
STRONG  
TOGETHER

[actbelongcommit.org.au](http://actbelongcommit.org.au)

# Act

Keep active: mentally, socially, spiritually,  
physically and culturally.  
Yarn, go out bush, sing a song, go fishing,  
create some art, go for a walk



Photo by Robyn Marais

# Commit

Commit to caring for Country, to teach  
the young ones about culture and  
language or re-learning culture and  
language yourself, support family and  
community, take part in cultural  
ceremonies and express culture in art,  
music, dance and stories



Photo by Lesley Murray

# Belong

Build and maintain a strong Aboriginal  
and Torres Strait Islander identity by  
keeping connected to family and  
language groups, and by getting  
together with others at cultural events  
and visits to Country



Photo by Tyson Mowarin