

BECOME A MENTALLY HEALTHY SCHOOL



Being active, having a good sense of belonging and having purpose in life all contribute to happiness and good mental health.

Does your school share our vision for a mentally healthy community, where all students and staff have the opportunity to boost their mental wellbeing?

If your school is keen to promote positive mental health and wellbeing, why not become an official Mentally Healthy School?

Together we can raise awareness of the mentally healthy activities at your school, build resilience, increase openness to talk about mental health and improve school cohesion.



actbelongcommit.org.au



Curtin University



Government of Western Australia
Mental Health Commission



WHAT IS ACT-BELONG-COMMIT?

Act-Belong-Commit is a mental health promotion campaign that encourages individuals to take action to protect and promote their mental wellbeing. Act-Belong-Commit aims to increase individual and community wellbeing by strengthening connections between community members. We do this by encouraging participation in family, cultures, community events and schools, as well as increasing collaboration between community organisations that offer activities conducive to good mental health and wellbeing.

Our Vision:

A society that values mental health and where everyone has the opportunity to be mentally healthy.

Our Mission:

To enhance population mental health by creating supportive environments that strengthen individual and community resilience.



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



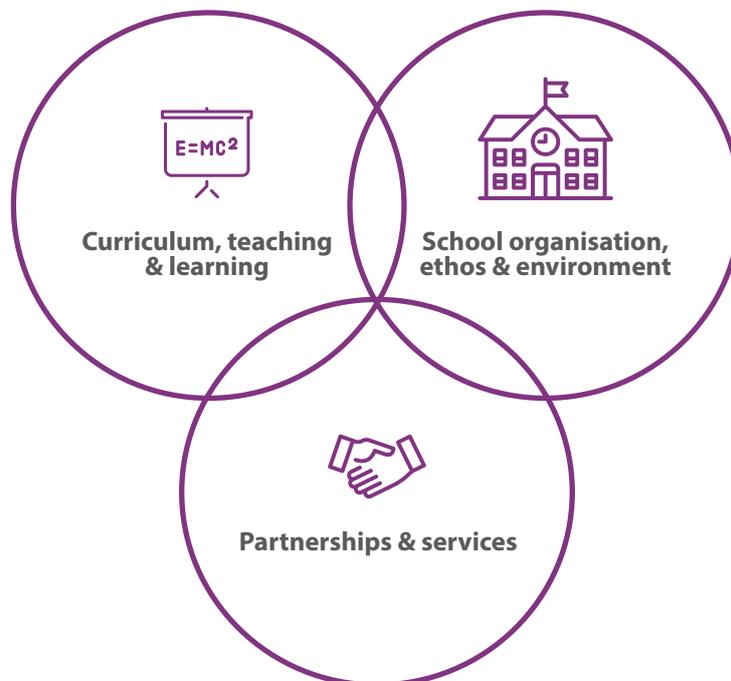
Keep connected to friends and family; get involved in groups, join in local community activities.



Commit to a cause; become a volunteer; learn a new skill; or take up a challenge.

The Mentally Healthy Schools Program is based on the international Health Promoting Schools (HPS) Framework and provides schools with resources to promote the Act-Belong-Commit message to students to build individual resilience and strengthen community cohesion.

The guidelines on how primary and secondary schools can adopt the Act-Belong-Commit message into the classroom, school environment and whole school community, relate to the three areas of the HPS Framework:



“ Act-Belong-Commit is my message too. If you get involved, you don’t feel alone. Now I feel like I am a part of school life, having fun and getting fit. ”

Year 11 student, Mount Lawley Senior High School



WHY PARTNER?

FREE and
simple to join



Access to curriculum based classroom resources
to teach mentally healthy behaviours



Increase sense of belonging within school
and increase individual resilience



Improve the mental health and wellbeing
of your staff, students and wider school community



Better academic results
Students who are mentally healthy are more
likely to achieve better academically



Embed Act-Belong-Commit messages and objectives
into your policies and strategic direction



De-stigmatise mental illness
and increase people's openness in talking
about mental health and mental illness



Change perceptions of mental health
to encompass physical and mental wellbeing



Flexibility of outcomes
The program can be adapted for
many different school settings

EVALUATION OF OUR SCHOOLS PROGRAM SHOWS:



37% of students and **43%** of staff report
changing the way they think about mental
health, to a more positive mindset.

30% of students and **43%** of staff
have done something for their
mental health as a result of having
Act-Belong-Commit in their school.



SCHOOLS WHO SIGN-UP AS AN **ACT-BELONG-COMMIT** PARTNER RECEIVE:

Free resources

An annual budget for merchandise and educational resources.

Training & development

Training and professional development in the Act-Belong-Commit message and mental health promotion strategies.

On-going support

Support from the Mentally Healthy WA team.

Exclusive access

Access to an exclusive "Act-Belong-Commit Partner Facebook Group" where you can connect with other partners, receive up-to-date news and information, as well as access to planning tools and resources.

Brand recognition

Association with a well-known, evidence-based mental health campaign that has now expanded to other states and globally.

Access to signage

Signage available to loan for mentally healthy events and activities.



“ Keeping mentally healthy is just as important as staying physically healthy and it’s as simple as A-B-C, Act-Belong-Commit. ”

To learn more about how your school can become a partner, get in touch with Mentally Healthy WA on **(08) 9266 1873** or **info@actbelongcommit.org.au**