What’s so important about belonging?
Belonging is a natural human need and vital for mental well-being. If you are part of a sporting club, a debate group or even a friendship network then you belong to a community.

Why should I belong?
Belonging to a network will improve your mental state and you will enjoy extra benefits such as increased socialisation and physical activity. Belonging to a group that offers support such as family and friendship groups can equip you with the skills to overcome mental and emotional problems, increase your ability to bounce back from these problems, and ensure that you remain mentally healthy.

I get by with a little help from my friends
Everybody faces challenging times of mental and emotional distress. The community you belong to serves as a support network during stressful times. Belonging to a group through family or friendships improves mental health and resilience to stress. Belonging to groups allows you to have somebody to rely on and confide in. In fact, studies show that people who belong to a family with three or more members are less likely to have a serious mental health disorder than those with no family support.

Belonging helps build friendships, creates opportunities, strengthens communities and feels good.

Go on, feel good, Act-Belong-Commit!

Act: Stay physically, socially and mentally active. Read a book, go for a walk or talk to friends.

Belong: Join a tennis or basketball team, start a walking group or join a band.

Commit: Put a little more effort into the things you do. Volunteer for a good cause or help someone less fortunate.
Seeking help and support

Sometimes it’s tough to seek support during hard times. Understanding why you should talk to someone if you’re a bit stressed out is important. Having supportive networks can promote your ability to cope with mental stress and help you overcome any difficulties you are facing. If you have something that is troubling you, seek help from family, friends and other networks that you are involved in.

Protect your mental health;

Act-Belong-Commit and enjoy the support of your community.

Sometimes people experience problems that friends and family cannot effectively assist with. If you or someone you know is experiencing tough times, there are lots of people at school and in the wider community that can help you overcome stressful times. If you need to talk to somebody about something that’s troubling you, or you’re concerned about someone, contact one of the agencies below:

Crisis Care: 08 9225 1111 or Freecall: 1800 199 008
The Samaritans: 08 9381 5555 or Freecall: 1800 198 313
Lifeline: 131 114 (Australia)
Kids Help Line: 1800 55 1800 (Australia)
Mental Health Emergency Response Line: 1300 555 788
(Rural WA): 1800 676 822
Translating and Interpreting Service: 13 14 50 (Australia)


actbelongcommit.org.au