

How to keep mentally healthy:

Act

Do something.

Keep active - mentally, physically, socially, spiritually, culturally... Go for a walk, say hello to someone, read a book, meditate or pray.

Belong

Do something with someone.

Keep connected - to friends, family, community and your culture. Join a book club, join a sports team, cook with family and friends, go to community events.

Commit

Do something meaningful.

Do something meaningful, important and valuable to you. Volunteer, learn something new, take on a challenge, take up a cause, help a neighbour.

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Mentally Healthy WA