

# Become an Act Belong Commit Partner.



## Your organisation can help create a mentally healthy community.

As Act Belong Commit partners, hundreds of community groups, not-for-profits, government organisations, and businesses are helping to share our vital health message, and are providing opportunities for people to live mentally healthy lives.

Become an Act Belong Commit partner and be a champion for mental health in your community.



Mentally Healthy WA

# What is Act Belong Commit?

The evidence-based Act Belong Commit campaign is a comprehensive, population wide, community-based preventative mental health promotion campaign that is directed by Curtin University's Mentally Healthy WA and is funded by Healthway and the Mental Health Commission. Act Belong Commit encourages people to take action to improve and protect their mental health and wellbeing, promotes good mental health strategies at the individual and community level, and encourages the creation of supportive environments for good mental health in a variety of settings, including schools, workplaces and community groups.

"The World Health Organization (WHO) defines mental health as "a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community."

Good mental health is much more than not having a mental illness; it is about mental wellness. We know that staying active, connecting with others and doing something meaningful are powerfully protective for mental health and provide the foundations for mental wellbeing.

The World Health Organization estimates that depression will be the number one health concern in developed and developing countries by 2030<sup>1</sup>. Already almost half of all Australians experience a mental illness in their lives, and one in four are lonely and say they have no one to talk to<sup>2</sup>.



## **Act** Do something.

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

## **Belong** Do something with someone.

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

## **Commit** Do something meaningful.

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

Source 1: World Health Organization. Mental health: strengthening our response. Geneva: World Health Organization; 2018.

Source 2: Australian Bureau of Statistics. National Survey of Mental Health and Wellbeing: Summary of Results. Canberra: Australian Government; 2009. Report No.: 4326.0.

# The Act Belong Commit Program.

## 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.

Our partnership program aims to foster mutually beneficial relationships to enhance the capacity to deliver effective mental health promotion in the community.

## State-wide Mass Media Campaign

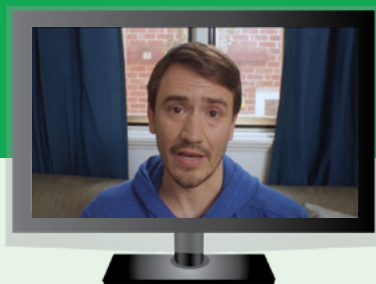
### Programs & Initiatives

Local  
Government  
Partners

Large  
Collaborative  
Associate  
Partners

Grassroots  
Community  
Group  
Partners

School  
Partners



Act Belong Commit is WA's longest running mental health promotion campaign.

**77%** of people were **aware** of the campaign.

**67%**

of those aware of the campaign believe it has made people **more open** to discussing mental health issues.



**64%** of those aware of the campaign believe it has reduced **stigma** associated with mental illness.



**95%** of those aware of the campaign said they approved of campaigns like Act Belong Commit.

Lin, C., et al. (2019). Evaluation of the Act-Belong-Commit Mentally Healthy WA Campaign: 2019 Survey Data. School of Public Health, Curtin University. Unpublished report.

# Why become an Act Belong Commit partner?

Act Belong Commit partners help promote the Act Belong Commit message to reach many more people, while providing opportunities for individuals and communities to put the message into practice.

The Act Belong Commit partnership program is completely free. Partners are able to access a host of valuable resources to share the Act Belong Commit message and turn words into actions at a local community level.

**FREE**  
& simple  
to join



Play your part in championing good mental health.



De-stigmatise mental illness and promote open conversations about mental health.



Align with a respected, positive, action-oriented health message.



Foster closer relationships between organisations and wider community.



Improve the mental health of your staff, volunteers and wider community.

## As an Act Belong Commit partner you'll receive:

### Endorsement

- ✓ The endorsement of WA's longest-running evidence-based mental health promotion campaign, recognised globally.

### Training & development

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

### Exposure

- ✓ Additional exposure for your events and activities through Act Belong Commit's website, social channels and our online 'Activity Finder'.

### Membership

- ✓ Membership to the Act Belong Commit partner community, with regular engagement, news and information.

### Resources

- ✓ Free Act Belong Commit resources to promote good mental health, including tailored resources for specific target audiences such as seniors, Aboriginal people, culturally and linguistically diverse groups.

### Ongoing support

- ✓ Ongoing support from Curtin University's Mentally Healthy WA team.



# Partners play a vital role to promote positive mental health.

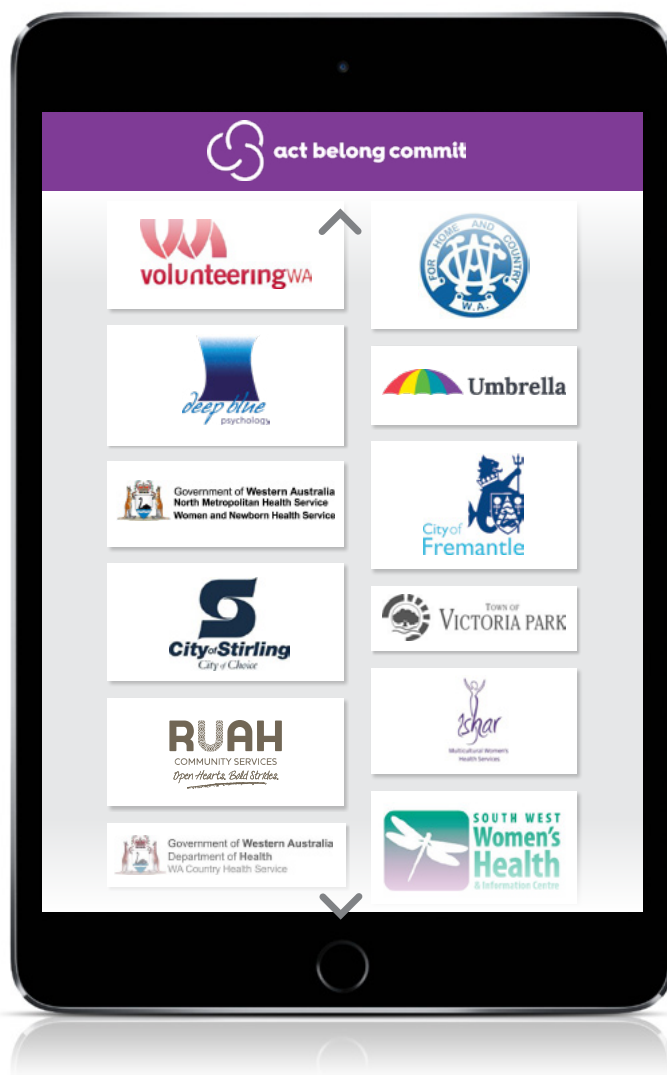


"Being active, having a sense of belonging and having a purpose in life all contribute to good mental health."

Associate Professor Christina Pollard  
Director, Mentally Healthy WA  
Curtin Population Health.

# Join us!

Act Belong Commit proudly partners with hundreds of organisations ranging from government authorities and major associations, to small community clubs and hobby groups. They bring people together through activities ranging from recreation and sport, to volunteering and mutual support. Check out our website, [actbelongcommit.org.au](http://actbelongcommit.org.au) for the full list of current partners.



If you are interested in becoming an Act Belong Commit partner we'd love to hear from you!

Get in touch with Mentally Healthy WA.



(08) 9266 1705 [info@actbelongcommit.org.au](mailto:info@actbelongcommit.org.au) [actbelongcommit.org.au](http://actbelongcommit.org.au)