

Become a Mentally Healthy School.



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

Schools play a vital role in supporting the mental health and wellbeing of students, staff and wider school community.

Become a Mentally Healthy School today and partner with Act Belong Commit to champion mental health and wellbeing in your school community.



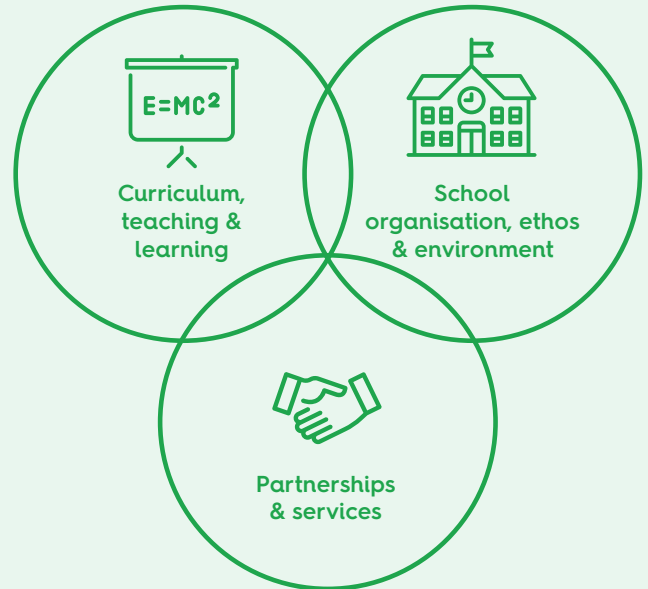
Mentally Healthy WA

Why become a Mentally Healthy School?

FREE
& simple
to join

Aligning with the internationally recognised Health Promoting Schools Framework, Mentally Healthy Schools are equipped with evidence informed tools to maintain and increase the mental health and wellbeing of students, staff and wider school community. Mentally Healthy WA works with partnered schools to upskill staff and empower them to deliver Act Belong Commit in a meaningful, engaging and flexible way that suits their individual school community.

- ✓ Free and simple to join.
- ✓ Play your part in championing good mental health in your community.
- ✓ Improve the mental health and wellbeing of your staff, students, and wider school community.
- ✓ Increase your students' confidence, self-esteem, and resilience.
- ✓ Foster a sense of community in your school and boost engagement in shared activities.
- ✓ Students who are mentally healthy are more likely to achieve their potential.



Primary and secondary schools can adopt the Act Belong Commit message into the classroom, school environment and wider community guided by the World Health Organization's Health Promoting Schools Framework.

Aboriginal messaging and branding

Act Belong Commit branding and messaging specifically addressing the social and emotional wellbeing of Aboriginal people is available for use by schools.

Messaging emphasises the dependency of social and emotional wellbeing on interactions with family, involvement in community activities and connection to Country and culture.



Photo courtesy of Megan White, City of Rockingham PhotoVoice



Your partnership with Act Belong Commit gives you access to:

A proven program

- ✓ WA's longest-running evidence-based mental health promotion campaign, adopted globally.
- ✓ Promote a positive, action-oriented message relevant to students, staff, parents and carers.
- ✓ A flexible program that can be tailored to any school setting.

Training & support

- ✓ Ongoing, professional development in mental health promotion strategies and Act Belong Commit.
- ✓ Regular support and communication from Curtin University's Mentally Healthy WA team.

Resources and promotional materials

- ✓ Classroom resources to help teach mentally healthy behaviours.
- ✓ Lesson plans mapped to the curriculum.
- ✓ Promotional materials for mentally healthy events and activities.

Evaluation of our schools program shows:

- ✓ **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.
- ✓ **37%** of students and **43%** of staff report changing the way they think about mental health, to a more positive mindset.
- ✓ **24%** of students and **45%** of staff reported talking about mental health with friends or colleagues as a result of having Act Belong Commit in their school.

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. The Stan Perron Charitable Foundation provides funding for the Mentally Healthy Schools Program.

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.

Act Do something.

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

"At Bannister Creek Primary, Act Belong Commit links us together in supporting each other's wellbeing and happiness."

TEACHER,
BANNISTER CREEK
PRIMARY SCHOOL

"By promoting the Act Belong Commit message frequently, we are seeing students and staff become more positive, resilient and mentally healthy."

WELLBEING COORDINATOR,
KARRATHA SENIOR
HIGH SCHOOL

"We love the support of Act Belong Commit, access to resources and the beliefs that it upholds."

PRINCIPAL,
ENEABBA
PRIMARY SCHOOL



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



Get in touch to find out how to become a Mentally Healthy School today.
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