Being mentally healthy feels good.

Being mentally healthy is when each of us is able to realise our own abilities, can cope with the normal stresses of life, can work productively and are able to contribute to our community.

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

Prioritise your mental health and wellbeing by making Act Belong Commit a part of your everyday.

How are you doing?

Our interactive Mental Wellbeing Quiz only takes a few minutes and at the end you will receive a personalised wellbeing score plus tailored suggestions for ways to boost your mental wellbeing using Act Belong Commit.

Try your Mental Wellbeing Quiz now at **actbelongcommit.org.au/quiz**

Quiz

Connect with us.

Learn more at

actbelongcommit.org.au

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Department of Health

STAN PERRON
CHARITABLE
FOUNDATION

How to keep mentally healthy.

act belong commit ™

Mentally Healthy WA

Act
Do something

- Take a walk
- Read a book
- Dance
- Chat with a friend
- Meditate or pray

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

Belong
Do something with someone

- Join a local sports club
- Get involved in a book club
- Catch up with your mates
- Attend community events
- Connect with your neighbours

Keep connected to friends, family and community.

Commit
Do something meaningful

- Volunteer
- Take on a challenge
- Learn something new
- Help out a friend or neighbour
- Commit to a cause

Be involved in activities that provide meaning and purpose in life.

Find activities

Act Belong Commit has hundreds of fun, free or low-cost activities to help you improve your mental health and wellbeing. From local clubs to learning a new skill, there's something for everyone.

Search the Activity Finder now at **actbelongcommit.org.au**

Activity Finder