

Mental Wellbeing Quiz:

Take the first step to looking after your mental health and wellbeing with the Act Belong Commit Mental Health and Wellbeing Quiz.



Mentally Healthy WA



Check out these useful tools
at actbelongcommit.com.au

Time for a quick quiz?



Complete the Act Belong Commit Mental Wellbeing Quiz and take the first step to boosting your mental health and wellbeing.

Scan QR code to be taken to quiz
or actbelongcommit.org.au/my-mental-health/mental-wellbeing-quiz



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