

Act

Do something

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

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

Belong

Do something with someone

Keep connected to friends, family and community

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

Commit

Do something meaningful

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

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



Find activities near you

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



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



Connect with us.

Learn more at actbelongcommit.org.au

Subscribe to our newsletter at info@actbelongcommit.org.au

Follow us
[@actbelongcommit](https://twitter.com/actbelongcommit)
[#actbelongcommit](https://facebook.com/actbelongcommit)



ABC017A_2023

Being mentally healthy feels good



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

