



Feet and hand design by Penesha Wally.

The adapted Act Belong Commit Aboriginal logo was originally designed by Jasmina Stevens from Roebourne WA.

Need Support?

13Yarn (a 24/7 crisis hotline)

13 92 76

Here for you

1800 437 348

Or contact your local health centre.

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STANDING
STRONG
TOGETHER



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Act

Do something

Keep active - mentally, physically, socially, spiritually, culturally... Yarn, go out bush, sing a song, go fishing, create some art, go for a walk.



Belong

Do something with someone

Build and maintain a strong Aboriginal and Torres Strait Islander identity by keeping connected to family and language groups, and by getting together with others at cultural events and visits to Country.

Photo courtesy of Megan White,
City of Rockingham PhotoVoice

Commit

Do something meaningful

Commit to caring for Country, to teach the young ones about culture and language or re-learning culture and language yourself, support family and community, take part in cultural ceremonies and express culture in art, music, dance and stories.

