



Taking action to boost your mental health can help you manage life's daily challenges and improve your overall wellbeing.

Doing mentally healthy activities is an important part of your recovery and will help with any other emotional and practical strategies you have learnt during your recovery.

This will help you feel better able to cope in the future, and enjoy life more.



Government of **Western Australia**
Mental Health Commission

How can I get involved?

- Search for groups on the Act-Belong-Commit Activity Finder (actbelongcommit.org.au) or call **(08) 9266 4648** to request a personalised information pack for groups in your area.
- Contact your local Council and talk to a Community Development Officer.
- Search for a peer support group at Grow WA or through one of the groups listed below.
- Search the web and scan your local paper. You can find lots of information about local groups, activities and events.

Need Support?

Here are groups that may provide support. You may already be aware of some of these:

- **Green Book**
(mental health, drug & alcohol service directory)
greenbook.org.au
- **Consumers of Mental Health WA (CoMHWA)**
(08) 9258 8911
comhwa.org.au
- **Grow WA**
1800 558 268
grow.org.au/wa
- **Connect Groups**
1800 195 575
connectgroups.org.au
- **Helping Minds**
1800 811 747
helpingminds.org.au
- **Lifeline**
13 11 14
lifeline.org.au



ACT-BELONG-COMMIT IN RECOVERY

actbelongcommit.org.au

act

Keep active physically, mentally, spiritually and socially.

- Take a walk in nature.
- Catch up with a friend.
- Go for a picnic in the park or at the beach.
- Try a new recipe.
- Try an activity like yoga which is great for your body and relaxing for your mind.

Doing an activity in nature - whether it's the park, garden, beach or bush, can give an extra mental health boost. It helps us recover from stress and helps us to relax.



commit

Do things that provide meaning and purpose in life.

Recovery can be a long process; set yourself small, manageable goals and celebrate when you achieve them.

- Do a random act of kindness.
- Further develop a skill you have.
- If you regularly attend a group, you may like to consider taking on a volunteer role, or offer to help fellow members with group activities.

Making a 'commitment' to activities and achieving your goals builds self-esteem, confidence and resilience.

belong

Join in club and community events.

Belonging involves building and maintaining friendships and keeping connected to the community.

- Join a group in your community, such as a recovery or support group, sports club, arts society or hobby group.
- Make an effort to meet up with family or friends for outings, or nights in together.

Belonging is a natural human need and important for good mental health.

