

Act Belong Commit

Key messages

To maintain message consistency the following succinct messages have been developed to support stakeholders and partners to extend the Act Belong Commit message within their settings to ensure consistent promotion of the message. We have provided a few options for each key message theme.

Promoting the benefits of prioritising mental health and wellbeing

- Being mentally healthy is when each of us are 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 mentally healthy is essential for overall wellbeing. Good mental health is more than just the absence of mental illness. It's about being able to deal with life's challenges, maintain relationships, contribute to the community, and take pleasure and satisfaction from life.
- Prioritise your mental health today. The good news is there are lots of things we can all do to promote good mental health and take control of our mental wellbeing.
- Engaging in activities that keep us mentally healthy, is the most effective way to improve individual and community mental health and wellbeing.

Promoting Act Belong Commit

- 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.
- Being proactive and prioritising our mental health and wellbeing is key. The most effective way to promote and support your mental health is found in the principles of Act Belong Commit.
- For good mental health: Act – do something! Belong – do something with someone. Commit – do something meaningful.
- Act. Do something. Keep active – mentally, physically, socially, spiritually, culturally... Go for a walk, say hello, read a book, meditate or pray.
- Belong. Do something with someone. Keep connected – to friends, family, and your community. Join a book club, join a sports team, take a cooking class, go to community events.
- Commit. Do something meaningful, important and valuable to you. Volunteer, learn something new, take on a challenge, take up a cause, help a neighbour.

Call to action including promotion of website

- You can look after your mental health and wellbeing by making Act, Belong and Commit a part of your everyday. Learn more at actbelongcommit.org.au
- Get on the front foot with your mental health. Discover how at actbelongcommit.org.au
- Being mentally healthy feels good! Find out how at actbelongcommit.org.au
- 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
- Boost your mental wellbeing by completing the interactive Mental Wellbeing Quiz. At the end you will receive an overall wellbeing score and Act Belong Commit scores and suggestions. Complete the Mental Wellbeing Quiz now at actbelongcommit.org.au

Arts specific messages

Key messages, relevant to the arts, can include but are not limited to:

- Being a part of an <insert name of broad activity type e.g., art or specific activity e.g., dance> organisation can foster a sense of belonging. It's all about joining in and connecting with others.
- Being active in the arts keeps you connected to others and gets your creative juices flowing. It's a great way to Act Belong Commit.
- Commit by doing something meaningful and enjoyable for you. Your 'thing' might be in <insert name of broad activity type e.g., the arts or specific activity e.g., dance>, and it can protect and improve your mental health.
- If being involved in <insert name of broad activity type e.g., the arts or specific activity e.g., dance> is rewarding for you, stick with it. Committing to something that provide a sense of achievement not only contributes to your mental health but also makes you feel good!
- Through <insert name of specific activity e.g. dance>, people can explore their own creativity and be part of something bigger. It's great for confidence and self-esteem but also makes you feel good.
- Structured group arts activities, such as provided by <insert name of organisation>, helps build resilience and contributes to the positive mental health and wellbeing of those involved.
- When involved in the arts - it's a case of - the more you do, the greater the mental health benefit. What's more, the longer you are in a group, the greater the reward. It's all about social connections and a valuable support network.