

October 2023

Resource order form

Do not complete this form in a web browser.

Download to your device and then open in pdf viewer software to complete.

THIS IS AN INTERACTIVE PDF

Simply:

1. Enter the quantity for each item you want to order
2. Add the delivery details on the last page
3. Click the 'Place my order' button to submit

POSTERS AND BROCHURES TO PROMOTE THE OVERARCHING ACT BELONG MESSAGE

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

Find mentally healthy activities near you
actbelongcommit.org.au/activity-finder

ABC013
GENERAL CAMPAIGN POSTER

VIEW ONLINE QTY

Being mentally healthy feels good.

act Do something to keep active mentally, physically, socially, spiritually, culturally...

- Go for a walk with a good friend, or furry friend
- Cook and share a meal with your neighbours
- Read a book you enjoy
- Do a crossword puzzle, or play a card game
- Dance to your favourite tune

belong Do something with someone

- Join a local club - sporting, arts or book club
- Go with friends to a community event or festival
- Have a BBQ or get cooking with your family/friends
- Keep connected with your community and your culture

commit Do something meaningful

- Do something for the environment to make your garden thrive, make your home more energy efficient
- Get yourself a challenge to learn something new
- Do a volunteer for a neighbourhood
- Volunteer with a cause, helping out, or work in your local community

Being active, having a sense of belonging and having a purpose in life all contribute to good mental health and wellbeing.

For hundreds of ideas of how you can Act Belong Commit, visit actbelongcommit.org.au today.

ABC047
DESCRIPTIVE A3 POSTER

VIEW ONLINE QTY

Being mentally healthy feels good

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

MAX QTY: 50

ABC017A
HOW TO KEEP MENTALLY HEALTHY BROCHURE [6PP DL]

VIEW ONLINE QTY

Keeping mentally healthy in retirement.

A guide for retirees.

act belong commit
Mentally Healthy WA

ABC018A
MENTALLY HEALTHY IN RETIREMENT BROCHURE [8PP DL]

VIEW ONLINE QTY

Contact actbelongcommit@curtin.edu.au if you require >50

POSTER AND POSTCARD TO PROMOTE HAVING A LISTING ON THE ACTIVITY FINDER

Activity Finder:

Whether you have an event you'd like to promote, or are looking for 100s of free activities to boost mental health and wellbeing, check out our Activity Finder.

act belong commit
Mentally Healthy WA

Check out these useful tools at actbelongcommit.com.au

ABC112B
ACTIVITY FINDER POSTCARD [150MM X 100MM]

QTY

Contact actbelongcommit@curtin.edu.au if you require >30

We are one of 100s of great activities on the Act Belong Commit Activity Finder

act belong commit
Mentally Healthy WA

Search today at actbelongcommit.org.au/activity-finder

ABC112A
ACTIVITY FINDER A3 POSTER

VIEW ONLINE QTY

A3 POSTERS TO PROMOTE AND RECRUIT VOLUNTEERS TO YOUR ORGANISATION



ABC115A
BENEFITS OF VOLUNTEERING [A3]

[VIEW ONLINE](#) [QTY](#)



ABC115B
VOLUNTEERS NEEDED [A3]

[VIEW ONLINE](#) [QTY](#)



ABC115C
VOLUNTEERS NEEDED WITH WHITE SPACE FOR INFORMATION TO BE ADDED [A3]

[VIEW ONLINE](#) [QTY](#)



ABC115D
VOLUNTEERS URGENTLY NEEDED [A3]

[VIEW ONLINE](#) [QTY](#)



ABC115E
VOLUNTEERS URGENTLY NEEDED WITH WHITE SPACE FOR INFORMATION TO BE ADDED [A3]

[VIEW ONLINE](#) [QTY](#)



ABC115F
THANK YOU TO VOLUNTEERS [A3]

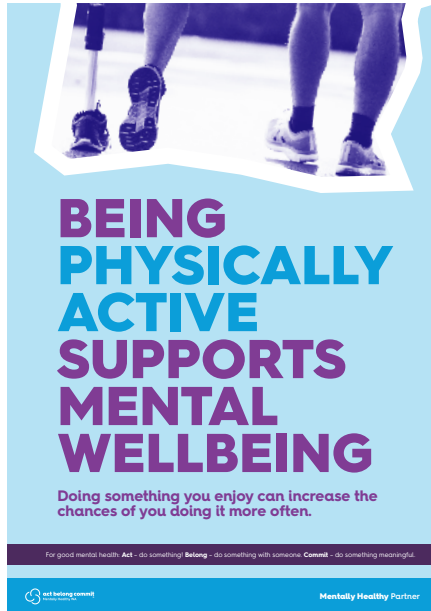
[VIEW ONLINE](#) [QTY](#)

A3 POSTERS PROMOTING THE MENTAL HEALTH BENEFITS OF BEING PHYSICALLY ACTIVE



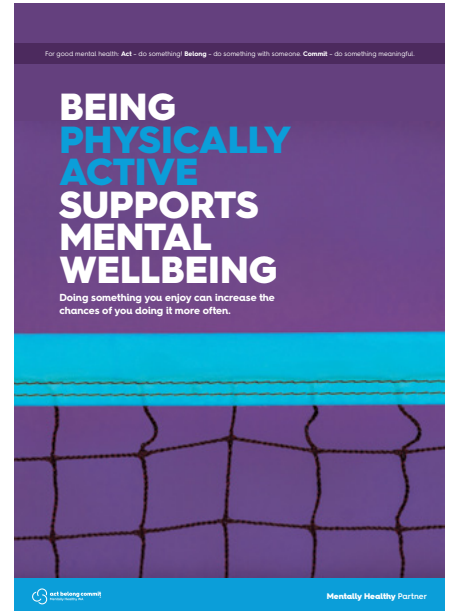
ABC116A
PHYSICALLY ACTIVE - NO IMAGE [A3]

[VIEW ONLINE](#) [QTY](#)



ABC116B
PHYSICALLY ACTIVE - IMAGE [A3]

[VIEW ONLINE](#) [QTY](#)



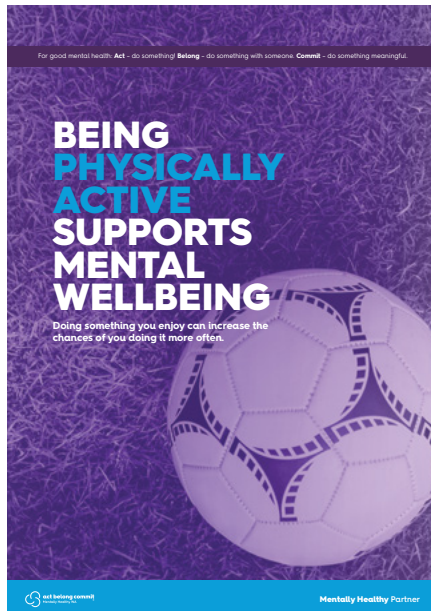
ABC116C
PHYSICALLY ACTIVE - TENNIS CLUB [A3]

[VIEW ONLINE](#) [QTY](#)



ABC116D
PHYSICALLY ACTIVE - POOLS [A3]

[VIEW ONLINE](#) [QTY](#)



ABC116E
PHYSICALLY ACTIVE - SOCCER CLUBS [A3]

[VIEW ONLINE](#) [QTY](#)

A3 POSTERS PROMOTING WAYS PEOPLE CAN ACT BELONG COMMIT - WELL SUITED TO LOCAL GOVERNMENTS



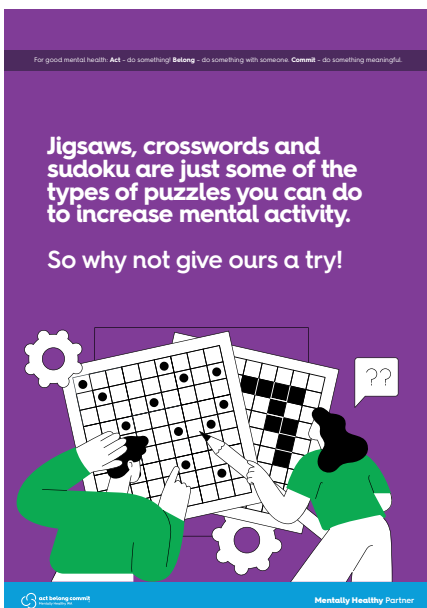
ABC117A
OUTDOOR EXERCISE AREAS [A3]



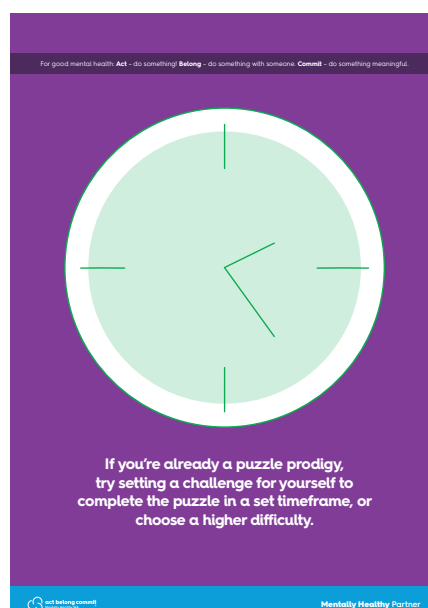
ABC117B
INDOOR EXERCISE AREAS [A3]



ABC117C
BENEFITS OF BOOKS - LIBRARIES [A3]



ABC117D
PUZZLES - LIBRARY [A3]



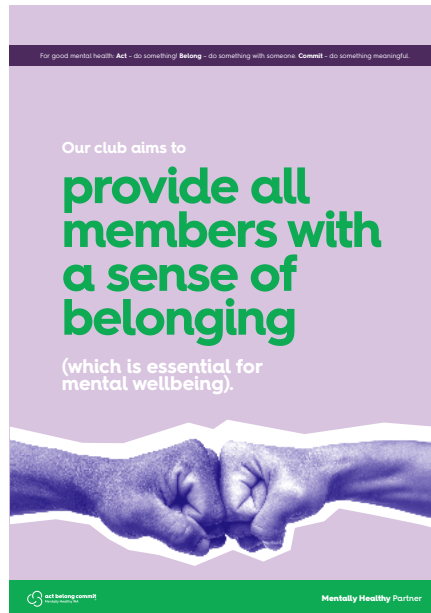
ABC117E
PUZZLE CHALLENGE - LIBRARY [A3]



POSTERS PROMOTING THE MENTAL HEALTH BENEFITS OF BEING SOCIALLY ACTIVE - WELL SUITED FOR CLUBS



ABC118A
WELCOME INSERT [A4]



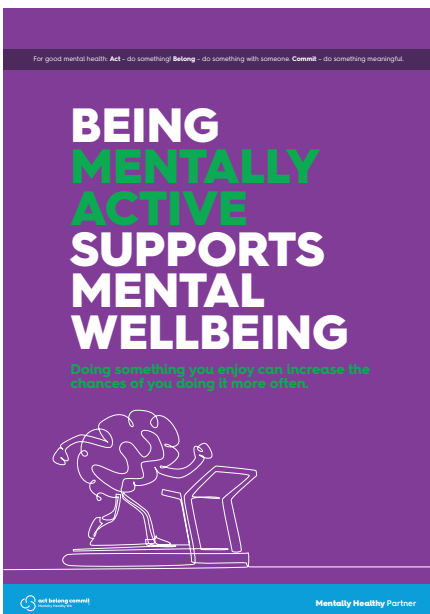
ABC118B
CLUB VALUES [A3]



ABC118C
SOCIALLY ACTIVE [A3]



POSTERS PROMOTING THE BENEFITS OF BEING MENTALLY ACTIVE AND GOAL SETTING



ABC119A
MENTALLY ACTIVE - TREADMILL [A3]



ABC119B
MENTALLY ACTIVE - PERFORMANCE [A3]



ABC119C
GOAL SETTING REMINDER [A3]

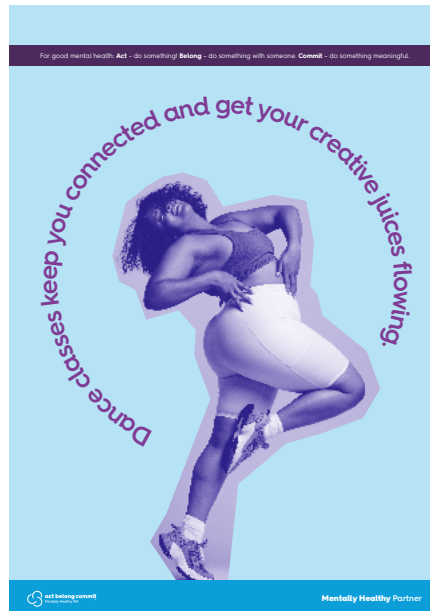


ABC POSTERS PROMOTING THE MENTAL HEALTH BENEFITS OF PARTICIPATING IN THE ARTS



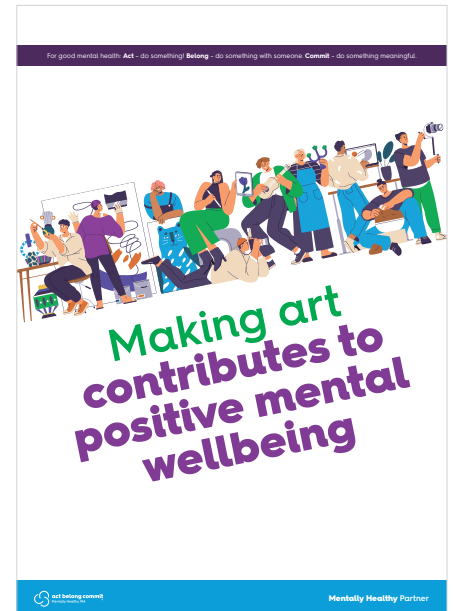
ABC120A
ART CLASSES - TEENS [A3]

[VIEW ONLINE](#) [QTY](#)



ABC120B
DANCING [A3]

[VIEW ONLINE](#) [QTY](#)



ABC120C
ART AND CRAFT [A3]

[VIEW ONLINE](#) [QTY](#)

POSTER PROMOTING THE MENTAL HEALTH BENEFITS OF BEING CULTURALLY ACTIVE



ABC121A
CULTURALLY ACTIVE [A3]

[VIEW ONLINE](#) [QTY](#)

How to keep mentally healthy:

Act

Do something.

Keep active – mentally, physically, socially, spiritually and culturally. Go for a walk, say hello to someone, read a book, meditate or pray.

Belong

Do something with someone.

Keep connected – to friends, family, community and your culture. Join a book club, join a sports team, cook with family and friends, go to community events.

Commit

Do something meaningful.

Do something meaningful, important and valuable to you. Volunteer, learn something new, take on a challenge, take up a cause, help a neighbour.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



BACK ON ALL BROCHURE

FRONT

CALD10

CHINESE (traditional)

如何保持心理健康:

行動

付诸實施。
保持活力——積極參與精神、身體、社交、信仰、以及文化等方面的活動。去散步、跟別人打個招呼、看看書、靜坐冥想或祈禱等等。

歸屬感

與他人一起活動。
保持聯絡——與朋友、家人、社區和你的文化保持聯絡。加入讀書俱樂部、參加運動隊、與家人和朋友一起聚餐、參加社區活動等等。

全心投入

做一些有意義的事情。
做一些對你來說有意義、重要且有價值的事情。積極做義工、學習新事物、迎接挑戰、投入一項有意義的事業、幫助鄰居等等。

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705

CHINESE TRADITIONAL

VIEW ONLINE QTY

CALD01

ARABIC

كيف تحافظ على صحتك النفسية:

تصرف

افعل شيئاً.
حافظ على نشاطك - عقلياً وجسدياً واجتماعياً وروحياً وثقافياً. اخرج، تتسنى، ألق التحية على شخص ما، اقرأ كتاباً، تأمل أو صل.

أنتمي

افعل شيئاً مع شخص آخر.
حافظ على صلات الوصل - مع الأصدقاء، والعائلة والمجتمع وثقافتك. انضم إلى نادي للقراءة أو إلى فريق رياضي، ولم بالطبع مع أصدقائك وأصدقائك، وشارك في المبادرات الاجتماعية.

التزم

افعل شيئاً ذا مغزى.
افعل شيئاً ذا مغزى تراه مهماً وقيماً. تطوع، تعلم أمراً جديداً، تحدي نفسك، انخرط في شيء يفيد الآخرين، ساعد جارك.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705

ARABIC

VIEW ONLINE QTY

CALD07

CHINESE (simplified)

如何保持心理健康:

行动

付诸实施。
保持活力——积极参与精神、身体、社交、信仰、以及文化等方面的活动。去散步、跟别人打个招呼、看看书、静坐冥想或祈祷等等。

归属感

与他人一起活动。
保持联系——与朋友、家人、社区和你的文化保持联系。加入读书俱乐部、参加运动队、与家人和朋友一起烹饪、参加社区活动等。

全心投入

做一些有意义的事情。
做一些对你来说有意义、重要且有价值的事情。积极做义工、学习新事物、迎接挑战、投入一项有意义的事业、帮助邻居等等。

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705

CHINESE SIMPLIFIED

VIEW ONLINE QTY

CALD02

FRENCH

Pour garder sa forme mentale:

Agir

Faire quelque chose.
Rester actif – du point de vue psychologique, physique, social, spirituel et culturel. Faire une promenade, saluer quelqu'un, lire un livre, méditer ou prier.

Appartenir

Faire quelque chose avec quelqu'un.
Garder le contact - avec les amis et la famille, avec votre communauté et votre culture. Devenir membre d'un club de lecture ou d'une équipe sportive, faire la cuisine avec la famille ou des amis, participer à des manifestations communautaires.

S'engager

Faire quelque chose qui compte.
Faire quelque chose qui compte pour vous, qui vous est important et significatif. Faire du bénévolat, apprendre quelque chose de nouveau, accepter un défi, s'engager pour une bonne cause, aider un voisin.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705

FRENCH

VIEW ONLINE QTY

FRONT

CALD03

HINDI

मानसिक रूप से स्वस्थ कैसे रहें:

कर्मठ बनें

कुछ करें।
सक्रिय रहें - मानसिक, शारीरिक, सामाजिक, आध्यात्मिक और सांस्कृतिक रूप से। सुकने जाएँ, किसी का अभिवादन करें, कोई पुस्तक पढ़ें, ध्यान करें या प्रार्थना करें

मेलजोल रखें

किसी के लिए कुछ करें।
बुझे रहें - दोस्तों, परिवार, सहपाठी और अपनी संस्कृति से। अपने स्वस्थ भावनात्मक रूप में शामिल हों, किसी स्पॉन्सर टीम में शामिल हों, परिवार और दोस्तों के साथ खाना बनाएं, सांस्कृतिक कार्यक्रमों में जाएं

संकल्प लें

कुछ सार्थक करें।
कोई नया सार्थक काम करें, जो आपके लिए महत्वपूर्ण और सुगम है। स्वस्थता बढ़ें, कुछ नया सीखें, कोई चुनौती दें, कोई अभिवादन बनाएं, किसी पहनी चीं बदल दें

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



HINDI

[VIEW ONLINE](#) [QTY](#)

CALD04

INDONESIAN

Cara tetap sehat secara mental:

Bertindak

Lakukan sesuatu.
Tetap aktif - secara mental, fisik, sosial, spiritual, dan budaya. Berjalan kaki, ucapkan salam kepada seseorang, baca buku, bermeditasi atau berdoa.

Menjadi Bagian

Lakukan sesuatu bersama seseorang.
Tetap terhubung - dengan teman, keluarga, masyarakat, dan budaya Anda. Ikuti klub buku, gabung tim olahraga, masak bersama keluarga dan teman, kunjungi acara komunitas.

Berkomitmen

Lakukan sesuatu yang bermakna.
Lakukan sesuatu yang bermakna, penting, dan berharga bagi Anda. Bekerja sukarela, belajar sesuatu yang baru, ambil tantangan, ikuti gerakan sosial, bantu tetangga.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



INDONESIAN

[VIEW ONLINE](#) [QTY](#)

CALD05

ITALIAN

Come mantenersi mentalmente sani:

Agisci

Fai qualcosa.
Mantieni attivo - mentalmente, fisicamente, socialmente, spiritualmente e culturalmente. Fai una passeggiata, saluta qualcuno, leggi un libro, medita o prega.

Appartieni

Fai qualcosa con qualcuno.
Rimani connesso - agli amici, alla famiglia, alla comunità ed alla tua cultura. Iscriviti al tuo club italiano, entra in una squadra sportiva, cucina con parenti ed amici, partecipa agli eventi della comunità.

Impegnati

Fai qualcosa di significativo.
Fai qualcosa di significativo, importante e di valore per te. Fai volontariato, impara qualcosa di nuovo, accetta una sfida, combatti per un ideale, aiuta un vicino.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



ITALIAN

[VIEW ONLINE](#) [QTY](#)

CALD06

PUNJABI

ਮਾਨਸਿਕ ਤੌਰ 'ਤੇ ਤੰਦਰੁਸਤ ਕਿਵੇਂ ਰਹੀਏ:

ਐਕਟ

ਕੁਝ ਕਰੋ
ਕਿਰਿਆਸ਼ੀਲ ਰਹੋ - ਮਾਨਸਿਕ, ਸਰੀਰਕ, ਸਮਾਜਿਕ, ਸੱਭਿਆਚਾਰਕ ਤੌਰ 'ਤੇ। ਸੈਰ ਲਈ ਜਾਓ, ਕਿਸੇ ਨੂੰ ਹੌਲੇ ਕਰੋ, ਭੈਰੀ ਵਿਚਾ ਪੜ੍ਹੋ, ਵਿਆਹ ਲਗਾਓ ਜਾਂ ਪ੍ਰਾਰਥਨਾ ਕਰੋ

ਜੁੜੋ

ਕਿਸੇ ਨਾਲ ਕੁਝ ਕਰੋ।
ਬੇਮੁੜ ਪਰਿਵਾਰ, ਸਮਾਜ ਅਤੇ ਆਪਣੀ ਸੰਸਕ੍ਰਿਤੀ ਨਾਲ - ਜੁੜੇ ਰਹੋ। ਆਪਣੀ ਸਥਾਨਕ ਭਾਈਚਾਰੇ ਨੂੰ ਸਮਝੋ, ਕਿਸੇ ਨੂੰ ਸਹਾਇਤਾ ਦੇਣਾ, ਸਮੇਂ ਸਿਰ ਮਿਲਣਾ, ਸਮੇਂ ਸਿਰ ਮਿਲਣਾ, ਸਮੇਂ ਸਿਰ ਮਿਲਣਾ, ਸਮੇਂ ਸਿਰ ਮਿਲਣਾ

ਵਚਨਬੱਧ

ਕੁਝ ਸਾਰਥਕ ਕਰੋ।
ਆਪਣੇ ਆਪਣੇ ਕੁਝ ਸਾਰਥਕ, ਮਹੱਤਵਪੂਰਨ ਅਤੇ ਮੁਹਿੰਮਦਾਰ ਕੰਮਾਂ ਵਲੋਂ ਆਪਣੀ ਸਥਾਨਕ ਭਾਈਚਾਰੇ ਨੂੰ ਸਮਝੋ, ਕਿਸੇ ਨੂੰ ਸਹਾਇਤਾ ਦੇਣਾ, ਸਮੇਂ ਸਿਰ ਮਿਲਣਾ, ਸਮੇਂ ਸਿਰ ਮਿਲਣਾ, ਸਮੇਂ ਸਿਰ ਮਿਲਣਾ

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



PUNJABI

[VIEW ONLINE](#) [QTY](#)

CALD08

SPANISH

Cómo mantenerse mentalmente:

Haga algo

Realice alguna actividad.
Manténgase activo, tanto física y mentalmente como social, espiritual y culturalmente. Salga a dar un paseo, salude a alguien, lea un libro, medite u ore.

Haga vida social

Realice alguna actividad con los demás.
Manténgase conectado: con amigos, con familiares, con la comunidad y con su cultura. Apúntese a algún club de habla hispana en su zona, a un equipo deportivo, organice comidas en casa con la familia y amigos, acuda a eventos en su comunidad.

Comprométase

Haga algo que dé sentido a su vida.
Haga algo que dé sentido a su vida, que sea importante y valioso para usted. Participe en actividades de voluntariado, aprenda algo nuevo, haga algo que le suponga un desafío, comprométase con alguna causa, ayude a algún vecino.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



SPANISH

[VIEW ONLINE](#) [QTY](#)

CALD09

TAGALOG

Paano mapanatiling malusog ang pag-iisip:

Kumilos

Gumawa ng isang bagay.
Manatiling aktibo - pangkaisipan, pangangatawan, paskikabulalan, pang-ispirital at pangkultura. Maglakad, kumustahin ang isang tao, magbasa ng aklat, maglinay o magdasal.


Maging kasapi

Gumawa ng isang bagay kasama ang iba.
Manatiling konektado - sa mga kaibigan, komunidad at sa iyong kultura. Sumali sa isang book club, sumali sa isang koponan ng isport, magluto kasama ng pamilya at mga kaibigan, pumunta sa mga kaganapan pangkomunidad.

Magsagawa

Gumawa ng isang bagay na makabuluhan.
Gumawa ng isang bagay na makabuluhan, importante at mahalaga para sa iyo. Magb-oluntaryo, magkaroon ng isang bagay na nailala, tumanggap ng hamon, magkaroon ng adhikaing itataguyod, tumulong sa kapwa.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



TAGALOG

[VIEW ONLINE](#) [QTY](#)

CALD11

VIETNAMESE

Cách giữ tinh thần khỏe mạnh:

Hành động

Hãy làm việc gì đó.
Giữ năng động - về tinh thần, thể chất, xã hội, tâm linh và văn hóa. Đi dạo, chào hỏi ai đó, đọc sách, thiền hoặc cầu nguyện.

Hòa nhập

Hãy làm việc gì đó với ai đó.
Giữ kết nối - với bạn bè, gia đình, cộng đồng và văn hóa của quý vị. Tham gia một câu lạc bộ sách, tham gia một đội thể thao, nấu ăn với gia đình và bạn bè, tham gia các sự kiện cộng đồng.

Tận lực

Hãy làm việc gì đó có ý nghĩa.
Làm điều gì đó có ý nghĩa, quan trọng và có giá trị đối với quý vị. Làm thiện nguyện, học hỏi điều gì đó mới, chấp nhận thử thách, nỗ lực làm điều gì đó vì lợi ích chung của cộng đồng, giúp đỡ hàng xóm.

actbelongcommit.org.au
info@actbelongcommit.org.au
(08) 9266 1705



VIETNAMESE

[VIEW ONLINE](#) [QTY](#)



ABC048
PARTNER STICKER
[24CM X 24CM]

MAX
QTY: 5

QTY

Contact actbelongcommit@curtin.edu.au if you require >5

Where to get help for youth



Kids Helpline
1800 551 800 | kidshelpline.com.au
Youth Beyond Blue
1800 224 636 | youthbeyondblue.com
headspace
1800 650 890 | headspace.org.au
Youth Focus
08 6266 4333 | youthfocus.com.au
ReachOut | au.reachout.com

actbelongcommit.org.au/help

get help



Kurank - 1800 552 002
Lifeline - 13 11 14
Suicide Call Back Service - 1300 659 467
Samaritans 24/7 Crisis Line - 135 247
Crisis Care - 1800 199 008
 Translating & Interpreting Support (TIS)
131 450 | tisnational.gov.au

actbelongcommit.org.au/help

ABC005

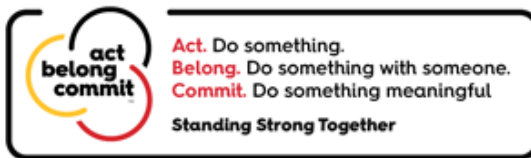
WHERE TO GET HELP CARDS
2PP (100mm X 40mm)

QTY



ABCD001
EMAIL SIGNATURES

DOWNLOAD



ABCD003
STANDING STRONG TOGETHER
EMAIL SIGNATURES

DOWNLOAD



ABC046
SCHOOLS POSTER [A3]

[VIEW ONLINE](#) [QTY](#)



ABC045
SCHOOL PARTNER STICKER
[24cm x 24cm]

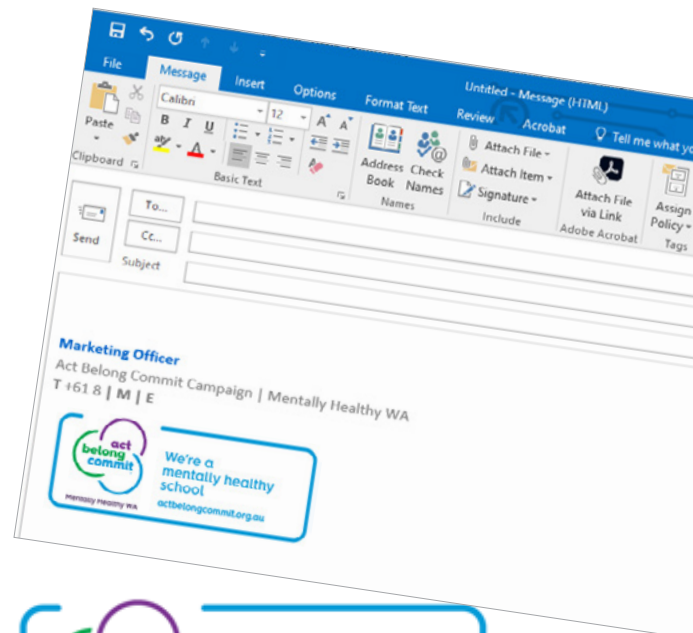
[QTY](#)

Contact actbelongcommit@curtin.edu.au if you require >5



ABC063
MERIT CERTIFICATE (A5)

[DOWNLOAD PDF](#)



ABCD002
EMAIL SIGNATURE

[DOWNLOAD](#)





Mentally Healthy WA

Mentally Healthy Schools

Classroom Activities

Upper Primary School



ABC110
**CLASSROOM ACTIVITIES - UPPER
PRIMARY**

[DOWNLOAD PDF](#)

For more information or assistance get in touch with the Mentally Healthy Schools program:

(08) 9266 1705 actbelongcommit@curtin.edu.au actbelongcommit.org.au



Mentally Healthy WA

Mentally Healthy Schools

Classroom Activities

Lower High School



ABC111
**CLASSROOM ACTIVITIES -
LOWER HIGH**

[DOWNLOAD PDF](#)

For more information or assistance get in touch with the Mentally Healthy Schools program:

(08) 9266 1705 actbelongcommit@curtin.edu.au actbelongcommit.org.au

ACTIVITIES FOR SCHOOLS



ABC007A
PLEDGE WALL STICKERS - SET OF 3
 [93mm x 93mm]

QTY



A3 POSTERS FOR SCHOOLS WITH ACT BELONG COMMIT ACTIVITY MESSAGES



ABCS002A
RIDING TO SCHOOL - PRIMARY [A3]

VIEW ONLINE QTY



ABCS002B
RIDING TO SCHOOL - HIGH [A3]

VIEW ONLINE QTY



ABCS003
PLAYING GAMES [A3]

VIEW ONLINE QTY

ACT BELONG COMMIT MESSAGING THAT HAS BEEN DEVELOPED FOR ABORIGINAL AUDIENCES



ABCAB105
STANDING STRONG TOGETHER
POSTER [A3]

VIEW ONLINE QTY



ABCAB104
BROCHURE [6PP DL]

VIEW ONLINE QTY

Contact actbelongcommit@curtin.edu.au if you require >50

ACTIVITIES TO BE USED WITH ABORIGINAL AUDIENCES



ABCAB106A
PLEDGE WALL STICKERS - SET OF 3
[93mm x 93mm]

QTY



Delivery details



Date Contact name

Organisation name

Email

Phone

Delivery address

Suburb/town

Postcode

Other comments to go with this order

For example "I need these for an event being held on 5 June 2022"

If clicking this button doesn't prompt an email window, save the PDF to your computer and attach your completed order form in an email to: actbelongcommit@curtin.edu.au



See our community kit for campaign resources and more!



This toolkit provides campaign information and resources for stakeholder use.

As a key partner to the Act Belong Commit campaign, you are able to best determine which of the supplied materials are the best fit for your community or setting.

Please contact the Act Belong Commit team at actbelongcommit@curtin.edu.au should you need further assistance.

DOWNLOAD THE KIT



Mentally Healthy WA

LAST UPDATED MAY 2022