

For good mental health: **Act** – do something! **Belong** – do something with someone. **Commit** – do something meaningful.



Photo comp!

This Mental Health Week we want to see how you Act Belong Commit!

Take a photo of what you do to top up your mental wellbeing and describe in 100 words or less how it reflects the 2023 theme of **“Mind, Body, Environment”**



Enter here by
6 November



[actbelongcommit.org.au/programs-initiatives/
photo-competition-individuals](https://actbelongcommit.org.au/programs-initiatives/photo-competition-individuals)

CHANCE TO WIN

Your choice of: frank green 34oz water bottle or YETI 36oz water bottle

- Competition open to residents of all ages in Western Australia.
- Submissions close 9am Monday 6 November 2023.
- Two winners chosen [one in the under 18 age category, one in the 18+ age category].
- For full terms and conditions visit the Act Belong Commit website.