

We're a mentally healthy group



Act

Provide opportunities

for group members to be mentally, physically, socially, spiritually and culturally active.



Belong

Encourage participation

in activities that encourage social connection and foster a sense of belonging.



Commit

Encourage group members

to get involved in things that are meaningful (e.g. volunteering or setting personal challenges).



Visit actbelongcommit.org.au to find out more about being mentally healthy.