We're a mentally healthy organisation

Act
Provide opportunities

for your community 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 your community

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

act belong commit®

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

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