

colour me!

get
creative
for health &
happiness



Write
your pledge!

How will you keep mentally healthy?

Being involved in the arts is a great way to *Act-Belong-Commit* for your mental wellbeing

Act - Do something

Sing, dance, knit, scrapbook your favourite photos, paint, sculpt, play music or write a story

Belong - Do something with someone

Join a band or drama club, start your own group or check out a performance with a friend

Commit - Do something meaningful

Enrol in a class, volunteer for an arts organisation or at a festival, commit to rehearsals or learn something new



@actbelongcommit



actbelongcommit.org.au