

# There is no health without mental health!

## Middle School

Being mentally healthy is about overall wellbeing. It's the ability to maintain relationships, cope with problems, give back to the community and enjoy life.

We can all do things to look after our mental health so we're better prepared to handle pressures at school, at home or in the community.

**act**

**Stay physically, socially, spiritually and mentally active. Go for a walk with a friend, read a new book or connect with someone you haven't spoken to in a while.**

**belong**

**Hang out with like-minded people, join a sporting group or get some friends together and start a band. Belonging helps build friendships, creates opportunities and feels good.**

**commit**

**Challenge yourself, learn new things, volunteer and help others. Achieving goals and doing something good for someone else boosts our self-esteem and makes us feel good!**

“Keeping mentally healthy is just as important as staying physically healthy.”



## Make time to look after your mental health

Setting aside some time to keep fit, keep up friendships and participate in family or community activities is even more important when you are stressed or struggling with a problem at school or at home. Doing things you enjoy will clear your head and put you in a better frame of mind so you can better focus on your studies and other responsibilities.

### Useful websites:

#### Act-Belong-Commit

[actbelongcommit.org.au](http://actbelongcommit.org.au)

Find out how you can Act-Belong-Commit to be more mentally healthy. Use the 'Activity Finder' to find local activities, events and clubs.

#### Headspace

National Youth Mental Health Foundation. They help young people who are going through a tough time. Visit a headspace centre, chat online or give them a call.

**Phone:** 1800 650 890

**Website:** [headspace.org.au](http://headspace.org.au)

#### Department of Sport and Recreation

[dsr.wa.gov.au](http://dsr.wa.gov.au)

Use the 'Find a Club' tool to find local sports clubs to join.

#### Big Help Mob

[bighelpmob.org](http://bighelpmob.org)

Volunteer to help with people, the environment and animals.

#### ReachOut

[au.reachout.com](http://au.reachout.com)

Helpful tips on how to handle life's ups and downs.



Mentally Healthy WA



Innovation Partner

[actbelongcommit.org.au](http://actbelongcommit.org.au)

Originally developed with



GOVERNMENT OF WESTERN AUSTRALIA

Department of Sport and Recreation

# A Mentally Healthy Word Sleuth!

M E M B E R A N X S M I L E P R  
E R P H O C T Y H P O V N M Y T  
N I E R H L V O T O G N O L E B  
T Y P E N T Y R F R I E N D S L  
A F L C T I E N S T O O P S X Y  
L P L O K N E V E S T R I A L Y  
L Y A M P Q U I V A N S P O C I  
Y L I M A F A L Y P U O R G E T  
A C P I B Y T L O N G C O M M T  
X A N T H O W S R V A N C O V G  
H E A L T H Y L P S Q V W A N P

ACT

BELONG

COMMIT

FAMILY

FRIENDS

GROUP

HEALTHY

HELP

MENTALLY

MEMBER

SMILE

SPORTS

VOLUNTEER