



Keeping mentally healthy is just as important as staying physically healthy, and it's as easy as A-B-C...

Act

Do something.

Belong

Do something with someone.

Commit

Do something meaningful.



Being active, having a sense of belonging and having a purpose in life all contribute to happiness and good mental health.



Visit muswellbrookhealthyandwell.org to find out more about boosting your mental health and wellbeing.

