



Youth Connectors Program

“A Connector is a Friend”

The Act-Belong-Commit Youth Connectors Program engages young people ('Connectors') between the ages of 16 and 25 in the Act-Belong-Commit principles for good mental health.

Young people interested in becoming a Youth Connector are invited to attend a fun, interactive two-hour workshop in their local town, where they will:

- Learn how to Act-Belong-Commit for their mental health
- Learn how to encourage and support their peers to engage in mentally healthy activities
- Participate in educational and interactive activities
- Meet likeminded individuals.

If you're interested in attending a workshop, contact the Act-Belong-Commit team: youthconnectors@newcastle.edu.au or call 0438 264 610.

What does it mean to be mentally healthy?

Being mentally healthy means that you feel good about yourself, good about what you do, and good about others most of the time.

It also means you enjoy the simple things in life, feel fairly optimistic about the future, and are interested in what's going on in the world.

How can I get involved?

- Follow Youth Connectors Upper Hunter Facebook page for local info, activities and events
- Contact your local Youth Development Officer from Upper Hunter Community Services on 6542 3555
- Contact the Act-Belong-Commit team on 4055 1892 or actbelongcommit@newcastle.edu.au to discuss how you can Act-Belong-Commit in your community
- Contact your local Police & Citizen's Youth Club (PCYC) on 6541 1434 or visit them on the Corner of Carl and Market Lanes, Muswellbrook
- Visit Muswellbrook Shire Council website muswellbrook.nsw.gov.au or Facebook page for local information and events
- Visit Upper Hunter Community Services website uhcs.org.au for community directory and local services or their Facebook page for local events and activities
- Read the local newspapers: Hunter Valley news and Muswellbrook Chronicle or follow their Facebook pages.
- Visit Upper Hunter Country website upperhunter.com and Facebook page for local events and news
- Visit Upper Hunter Library Network website uhrl.nsw.gov.au or Facebook page
- Visit Office of Sports website to find a sport near you sport.nsw.gov.au/getactive/find-a-sport
- Visit Arts Upper Hunter website artsupperhunter.com and Facebook page for art events and news



ACT-BELONG-COMMIT YOUTH

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

For more information about Youth Connectors

Ph: (02) 4055 1892 or 0438 264 610

Email: youthconnectors@newcastle.edu.au



muswellbrookhealthyandwell.org.au

act

Keep physically, mentally, spiritually and socially active.

- Take a walk with a friend
- Do something you enjoy
- Go to an exercise class
- Read a new book
- Connect with someone you haven't seen in a while

Doing an activity in nature – whether it's the park, garden, beach or bush, can give you an extra mental health boost, helping you to recover from stress and relax.



commit

Do things that provide meaning and purpose in life.

Set yourself small, manageable goals and celebrate when you achieve them.

- Do a random act of kindness
- Set yourself a challenge
- Learn something new – enrol in a course
- Volunteer for a community organisation or group you are involved with
- Help others and support a good cause

Making a 'commitment' to activities and achieving your goals builds self-esteem, confidence and resilience.

belong

Hang out with like-minded people.

Belonging involves building and maintaining friendships and keeping connected to the community.

- Join a group in your community, such as a sports club or youth group
- Make an effort to hang out with family and friends, watch a movie or organise a picnic.

Belonging helps build friendships, creates opportunities and feels good.

