

3 March 2025

Committee Secretary
Standing Committee on Social Issues
Via email Committee.SocialIssues@parliament.nsw.gov.au

To the Committee Secretary,

Re: Inquiry into the prevalence, causes and impacts of loneliness in New South Wales – Question on Notice

We are writing to provide further information to the Committee regarding a question taken on notice during our appearance at the public hearing for the Inquiry into the prevalence, causes and impacts of loneliness in New South Wales on Thursday 6 February 2024:

To clarify, you've outlined what the content of it is, but how is that delivered to people?

Delivery of the Act-Belong-Commit Program

The Act-Belong-Commit program is a practical framework for encouraging individuals to prioritise their mental wellbeing and adopt health-promoting habits and behaviours. The [campaign](#) directed by Curtin University and funded by Healthway and the Mental Health Commission has a mass-media campaign component as well as supportive strategies and toolkits that build capacity for communities to provide opportunities for members to take action to support their mental and physical health.

Act-Belong-Commit partners with local governments, peak bodies, schools and other local community groups across WA to create environments where community members can be active, connect with others and do meaningful activities. The program also has a self-help guide which has been designed so that the principles of Act-Belong-Commit (keeping active, keeping connected, and doing something meaningful) can be used by individuals as well as health professionals in one on one consultations or workshops.^{1, 2}

The ADF once again thanks the Committee for the opportunity to discuss our submission at the public hearing. Please do not hesitate to contact us about any aspect of this response.

Sincerely,

Chloe Bernard

Senior Policy Officer

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References

1. Hinrichsen C, Koushede VJ, Madsen KR, Nielsen L, Ahlmark NG, Santini ZI, et al. Implementing Mental Health Promotion Initiatives-Process Evaluation of the ABCs of Mental Health in Denmark. *Int J Environ Res Public Health*. 2020;17(16).
2. Robinson K, Donovan R, Anwar McHenry J. A great way to live life: The act-belong-commit guide to keeping mentally healthy. Perth, Australia: Mentally Healthy WA, Curtin University. 2013.