

belong

Grandad was a health expert too...

Grandad was the great participator...

He was a member of lots of groups: his fishing buddies, a book club and the local footy club to name a few. I think it was his variety of friends that made life so enjoyable for him and made him so interesting to us. He always knew someone to call to help him out – or, more often, help one of us grandkids out.

Grandad said being part of a group gave him a real sense of belonging. Health experts say belonging helps define our sense of identity and satisfies our psychological need for friendship, making us mentally healthy.

Maybe grandad knew that all along.



Want to get involved?

Contact: Mentally Healthy WA - Ph 9266 1709
or email a.laws@curtin.edu.au

www.actbelongcommit.org.au