

# GRATEFUL FOR YOU

**PASS IT ON!**  
Being kind makes you feel  
good, share the love and  
**Act-belong-Commit!**

To:

Write a kind message  
to a loved one

**FIND MORE TIPS TO IMPROVE  
YOUR MENTAL WELLBEING**

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