



THE UNIVERSITY OF  
**NOTRE DAME**  
A U S T R A L I A

# Media Release

Wednesday, 9 August 2023

## Notre Dame proudly partners with Act Belong Commit

The University of Notre Dame Australia has thrown its support behind the Act Belong Commit campaign as part of its ongoing commitment to the mental health and wellbeing of its staff and students.

Notre Dame is one of three universities in Australia to partner with Act Belong Commit – an evidence-based health promotion campaign that encourages everyone to take action to improve their mental health and wellbeing.

The long running and highly successful campaign emboldens people to stay active, keep connected and do something meaningful to protect their mental health.

The partnership will strengthen the work that is already being done at Notre Dame to support the university community, including the engagement initiatives in Student Life, Student Wellbeing, Chaplaincy, the library, student clubs and associations, Indigenous Student Support and Success, People and Culture and the schools.

Notre Dame Student Wellbeing Manager Sarah Lovegrove, and Health Sciences academics Associate Professor Ben Piggott and Doctor Jenny Conlon, said the campaign was closely aligned with the University's focus on early intervention and prevention strategies.

"In response to increasing mental health concerns for students we developed the course Wellbeing Fundamentals for Success, which allows students to learn about evidence-based strategies to improve and maintain their mental health and wellbeing, while earning credit points towards their degree," Ben said.

"The Act Belong Commit campaign was used as the framework of this course. It provides a simple and evidence-based message around being proactive and prioritising our mental health by putting these three words into action."

"We hope this partnership will raise awareness of this important message among the students and staff at Notre Dame, in what is known to be a difficult period in tertiary education with the after-effects of COVID-19 still being felt." Jenny said.

"We have seen the powerful beneficial effects of putting the Act Belong Commit message into action through teaching Wellbeing Fundamentals for Success, and we hope this can spread across the wider Notre Dame community."

“We want each of our students and staff to flourish and to be the best version of themselves by practicing the principles of Act Belong Commit,” Sarah said. “This involves being mentally, physically, culturally, socially and spiritually active.”

Staff and students can take the first step in boosting their mental health and wellbeing by completing an online interactive [Mental Wellbeing Quiz](#). The quiz takes 10 minutes and provides an overall wellbeing score with helpful suggestions.

The University is also encouraging staff and students to participate in [Active August](#) through the many activities available across our campuses, including:

- Join a [club or student association](#)
- Sign up for [University Sports](#) or join the gym
- Join the [Notre Dame Run Club](#) on Strava
- Engage in the Notre Dame [Volunteer Network](#)
- Catch up with peers or colleagues on-campus (we have some amazing courtyards and coffee shops nearby)
- Enrich your faith and spiritual connection with [Chaplaincy](#)
- Set time aside each day for quiet prayer and reflection
- Connect with cultural activities on or near your campus
- Visit and participate in activities in the University [Library](#) or read something new that expands your mind
- Walk and enjoy the fresh air and sunshine at our town-based campuses
- Seek support and develop wellbeing strategies with [Student Wellbeing](#) or the [Employee Assistance Program](#)
- Find an activity close to you through the Act Belong Commit [Activity Finder](#) or one of the many events on the University [website](#).

Media contact: [media@nd.edu.au](mailto:media@nd.edu.au)