

10 WAYS TO GET INVOLVED WITH YOUR COMMUNITY

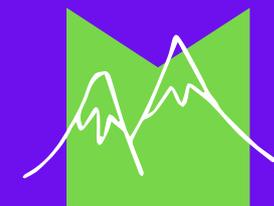
From book club to art class, Swifties to gamers, volunteer groups to shooting hoops – community is good for our mental health. They help us to belong, feel supported, and have purpose.

Here are ten ways to get involved with your community and boost your mental health.



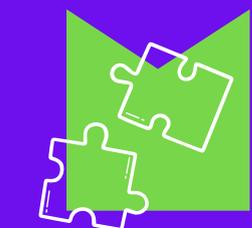
1. MAKE IT FUN

Choose an activity you enjoy. You could join a club or group centred around your interests.



2. GET OUTDOORS

Get out and moving in nature for more mental health benefits.



3. FIND LIKE-MINDED PEOPLE

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.



4. SHOW KINDNESS TO OTHERS

Connect with your community through small acts of kindness, which will benefit both you and others.





5. SHOW YOUR APPRECIATION

Sharing a compliment or showing appreciation can strengthen your relationships.



6. CONNECT ONLINE

Find others who share similar experiences or interests online. Remember, healthy online communities should make you feel safe and valued.



7. GIVE BACK

Helping others is a great way to build community and give you purpose.



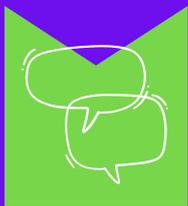
8. CARE FOR YOUR LOCAL COMMUNITY

Increase your sense of belonging by getting involved in your local community.



9. WELCOME OTHERS

Make new people joining your community feel welcome and included.



10. FIND PEER SUPPORT IF YOU'RE STRUGGLING

Connect with others going through similar experiences through peer support groups.



TOGETHER
FOR **GOOD** MENTAL HEALTH

Learn more about community and mental health.

[MENTALHEALTH.ORG.UK/MHAW](https://www.mentalhealth.org.uk/mhaw) #THISISMYCOMMUNITY