

## We all need each other to belong – a call to action for everyone in Australia to create and share belonging!

*For immediate release*

On Wednesday 4 October 2023, Relationships Australia celebrates the launch of its 2024 campaign for **Neighbours Every Day**, Australia's leading campaign promoting the benefits of social connection and building capacity for everyone in Australia to make and maintain respectful relationships.

Neighbours Every Day has operated in Australia for over twenty years, promoting the benefits of well-connected and resilient communities, and empowering everyone to create and share belonging.

“Recent research shows us that when people connect with their communities, they have a greater sense of belonging, which leads to improved mental well-being and a reduction in loneliness” said Nick Tebbey, National Executive Officer at Relationships Australia.

“This also contributes to strength and resilience in the face of external pressures, which we have seen increase dramatically in recent years” said Mr Tebbey, “in fact, almost 65% of those who participate in Neighbours Every Day report an improvement to their mental health, including less psychological distress during the pandemic.”

The theme for Neighbours Every Day in 2024 is **“Create Belonging - Share Belonging”** – a call to action for everyone in Australia (individuals, community groups, business and governments) to take everyday actions that create social connection and build respectful relationships.

We can all work to create belonging: for ourselves, for our families and for our neighbours. We can share belonging by focusing on genuine inclusion and connection, making others welcome, and by challenging ourselves to connect through empathy and compassion.

“We all need each other to belong”.

Communities can register “belonging events” through the [Neighbours Every Day website](#), and access free material to help create and share belonging – including posters, connection cards, tip sheets and flyers.

To find out more and join us to share belonging today and every day, visit [neighbourseveryday.org](http://neighbourseveryday.org)

#NeighboursEveryDay #ShareBelonging

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*Relationships Australia*



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*Relationships Australia is a leading provider of relationship support services for individuals, families and communities. We aim to support all people in Australia to achieve positive and respectful relationships. We are a community-based, not-for-profit Australian organisation with no religious affiliations.*

