

3,214 push-ups in 23 days: Are you up for the Challenge, Gippsland?

Lifeline Gippsland rallies the support of the community in their push for better mental health this June.

This June, Lifeline Gippsland is calling on our community to **Push for Better Mental Health** by joining **Australia's largest mental health and fitness event**, *The Push-Up Challenge*.

Participants will take on **3,214 push-ups across 23 days** to honour the **3,214 lives lost to suicide in Australia in 2023**.

Lifeline Gippsland Crisis Services Manager, Alicia Tripodi said "Fundraising efforts play a vital role in supporting our small centre located in Gippsland, providing much-needed funds to sustain our services and reach more people in need. Every contribution helps us to answer more calls and to train more crisis supporters to support the vital work we do on 13 11 14. Beyond financial support, fundraising also raises awareness and breaks the stigma surrounding suicide and mental health, encouraging open conversations and fostering a more compassionate community. It allows people the chance to contribute and to make a meaningful difference in the lives of those who need it most."

From schools and sports clubs to workplaces and families, people of all ages and backgrounds across Australia will take part in this engaging and meaningful event. Participants can complete the push-ups at their own pace, modify the exercises, or swap them for alternatives, making it accessible to everyone.

"More people than ever are reaching out to Lifeline for help," Alicia added. "Funds raised through *The Push-Up Challenge* will directly support our local services, including the 13 11 14 crisis line, suicide prevention training, and mental health support programs."

Join the movement, start conversations that matter, and push for better mental health with Lifeline Gippsland this June.

To register or donate, visit: www.thepushupchallenge.com.au and select **Lifeline Gippsland** as your chosen beneficiary.

Let me know if you'd like a version formatted for social media or a flyer version as well!



Proudly supporting

From 4 to 26 June, participants of all ages and abilities will do push-ups while learning about mental health, with the number of daily push-ups changing to reflect a vital mental health fact.

And if completing 3,214 push-ups feels out of reach, participants can set their own push-up goal, which can also be done as sit-ups, squats or tailored exercises, with progress tracked through a dedicated app.

Founder of The Push-Up Challenge, Nick Hudson, said, *“The Push-Up Challenge is a fun and accessible way to improve your fitness, learn about mental health and connect with friends, family and community, all while honouring the lives tragically lost to suicide.”*

“Mental health challenges will affect nearly everyone at some point in their lives. The Push-Up Challenge aims to reduce the stigma surrounding mental illness through education, and encourage Australians to take a more proactive approach to their fitness and mental wellbeing.”

The Push-Up Challenge is a free event, and participants can choose to fundraise. In 2024, over 218,000 participants completed over 317 million push-ups and raised over \$12 million for mental health charities in Australia, taking the total raised since the Challenge’s inception to over \$50 million.

A 2024 [study](#) by The University of Melbourne found that The Push-Up Challenge has significant behavioural change on its participants, with them experiencing significant improvements in mental wellbeing, resilience and social connection following the Challenge. It also found that The Push-Up Challenge helps participants who may be experiencing a mental health challenge, with significant reductions in the severity of depression and anxiety symptoms immediately following the event and three months afterwards, highlighting the lasting benefits of movement and community for mental health.

Following the Challenge, participants who reported experiencing a mental health problem were over twice as likely to seek help (including help from a health professional, family member, friend, digital support group or by taking medication), and over three times as likely to adopt self-care strategies such as doing more exercise, spending time in nature, connecting with a friend or family member or spending time with a pet.

The Push-Up Challenge is a free event, and you can register as an individual, a team, or get your whole workplace, club, gym or school involved at www.thepushupchallenge.com.au.

Through phone, text and online chat, Lifeline is available 24 hours a day, seven days a week to listen without judgement to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard. If you, or someone you know, is in need of support, please contact Lifeline on 13 11 14 (24 hours / 7 days) or chat to a Crisis Supporter at lifeline.org.au (7pm – midnight, 7 nights).