



Over 218,000 Australians complete over 312 million push-ups, raising over \$12 million for mental health

MEDIA RELEASE: SYDNEY, JULY 2024: Australia's largest mental health and fitness event, [The Push-Up Challenge](#), has motivated Australians to collectively complete over 312 million push-ups in the month of June and raise over an incredible \$12 million for mental health.

The event, which took place over 24 days, saw over 218,000 Australians each aim to complete 3,249 push-ups. 3,249 tragically represents the lives lost to suicide in Australia in 2022.

2024 also marked two significant milestones for The Push-Up Challenge: Australians completed over one billion push-ups since the Challenge's inception, and the Challenge expanded internationally to Canada.

Now in its eighth year, The Push-Up Challenge aims to bring people together, learn about mental health, do something good for their physical mental health and help raise critical funds for mental health services and programs in Australia.

Founder of The Push-Up Challenge, Nick Hudson, said the 2024 event had a remarkable impact.

"Watching hundreds of thousands of people around the country take part in The Push-Up Challenge each year never fails to blow us away. From school kids using the Challenge as a vehicle to passionately teach each other about mental health, to 90-something year olds raising funds for mental health and keeping fit through push-ups, The Push-Up Challenge truly brings Australians together. The sense of support and mental health education we witness is inspiring."

"Mental illness is something that everyone is likely to encounter in their lifetime. The more we normalise conversations about mental health, mental fitness, and mental illness through initiatives like The Push-Up Challenge, the more we can break down the stigma and encourage those who need help to seek it early."

Each day, participants completed their push-ups while learning about mental health, with the number of push-ups changing day to day to reflect a mental health statistic.

Participants have raised over \$12 million for beneficiaries Lifeline, headspace and Push for Better Foundation, making a real difference to mental health and suicide prevention.

Colin Seery, Lifeline Australia CEO said, Colin Seery, Lifeline Australia CEO said, *"Lifeline is incredibly proud to have been a beneficiary for The Push-Up Challenge for the fourth year in a row, and Australians have dug deep once again. All money raised for Lifeline during this year's Push-Up Challenge will go towards making sure all Australians can access the support they need, wherever they are, day or night. This includes strengthening Lifeline's vital text and web-chat services which we know are especially vital for young people, those experiencing family and domestic violence and those with disabilities."*

Jason Trethowan, Chief Executive, headspace said, *"This year The Push-Up Challenge inspired many people across Australia to talk to their friends and families about mental health and start taking steps towards a healthier headspace. Your support of headspace will make it possible for us to reach even more young people and their families, when and where they most need help. With this support, we know young people can navigate tough times, get back on track and live happy lives."*

Funds raised for Push for Better Foundation go towards mental health education initiatives.

To learn more about The Push-Up Challenge and make a donation for better mental health, visit www.thepushupchallenge.com.au. Online donations remain open.

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IMAGES AND B ROLL of fun, quirky and extreme Pushuperers [HERE](#).

About The Push-Up Challenge

Founded by Nick Hudson in Perth, Australia in 2017, The Push-Up Challenge (TPUC) began as a challenge between four friends, and has grown to become Australia's largest mental health and fitness event. 2024 marks TPUC's eighth year in Australia and first in Canada. TPUC is a fun way for participants to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for mental health charities. The event is free to take part in and runs from 5-28 June 2024 in Australia. For more information and to register, visit www.thepushupchallenge.com.au.

About Lifeline

For over 60 years, Lifeline has been connecting with Australians in need through crisis support and suicide prevention services operated through its national network of 43 centres, delivering the 13 11 14 telephone line as well as a 24/7 crisis text, webchat service, the disaster recovery line 13HELP and the online Support Toolkit.

The organisation expects to respond to over one million requests for support this year, creating an average of 120 safety plans to keep a person experiencing suicidal ideation safe every day.

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, chat to Lifeline online or access the Support Toolkit to self-manage what you're going through at www.lifeline.org.au (all services are available 24/7).

About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 154 communities across Australia^[1], our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website:

headspace.org.au

^[1] As at December 2023 and inclusive of licensed headspace centres, satellites and outposts

Media contact:

Romina Favero, PR Director, The Push-Up Challenge

romina@rominafavero.com

+61 425 865 057

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