

Date: _____

Dear: _____

This year, I've signed up to fundraise for Gotcha4Life Foundation, a not-for-profit organisation that supports Mental Health in Australia.

I will be raising funds to help Gotcha4Life develop and deliver preventative campaigns, programs and initiatives that inspire and enable the building of mental fitness in communities around Australia. Their evidence-based programs equip people with the skills to navigate the ups and downs of life by focusing on three protective factors – emotional adaptability, social connectedness, and help-seeking behaviours.

In Australia, 7 men and 2 women lose their lives every day to suicide, that's over 3,000 people every year. Additionally, 3.3 million Australians have had serious thoughts about taking their own life at some point in their lifetime.*

Gotcha4Life's vision is a suicide-free future, where no one worries alone.

My goal is to raise \$_____ to help Gotcha4Life expand the reach of its programs around Australia. Every \$1,000 raised funds a life-changing mental fitness workshop for 25 people in a school, sports club, or community group in need. It would be fantastic if _____ could join me in making a positive impact by supporting me with matched funding. Every donation of \$2 or more is fully tax deductible and will help us build a mentally fit future where no one worries alone.

For more information you can contact fundraising@gotcha4life.org. You can also view my fundraising page at _____

Thank you for your consideration. I look forward to hearing from you about supporting this important cause.

Kind regards,

Email: _____ Phone: _____

Fundraising team: _____

*Australian Institute of Health & Welfare; National Study of Mental Health and Wellbeing.