



Your **FUN**draising helps us change lives

Gotcha4Life develops and delivers preventative campaigns, programs and initiatives which inspire and enable Australians to take action to build their mental fitness, so no one worries alone.

Our programs equip people with the skills to build emotional muscles, strengthen social connectedness, and encourage help-seeking behaviours so they are better equipped to get through life's ups and downs.

The more funds we raise, the more people we can reach in schools, sporting clubs and communities around Australia - and the more lives we can change and potentially save.



Since 2017, Gotcha4Life has delivered programs to reach almost half a million people in schools, clubs and communities across Australia.

Here's how funds raised can change a life:

\$50

Funds

a person to attend a transformative, inspirational mental fitness workshop.

\$250

Helps

ensure that the Mental Fitness Gym remains free and accessible for all.

\$500

Supports

the development of vital mental fitness resources and tools for primary school students.

\$1,500

Enables

an entire classroom of students to experience a mental fitness workshop.



"People want to support a great cause and they want to be involved

in something amazing. Lots of people hadn't met each other before, so they enjoyed that part. They were connecting and using sport as the way to get out and move and meet people."

- Jake Buckland, Move 4 Mates organiser

Fundraising for mental fitness
fundraising@gotcha4life.org

gotcha4life.org