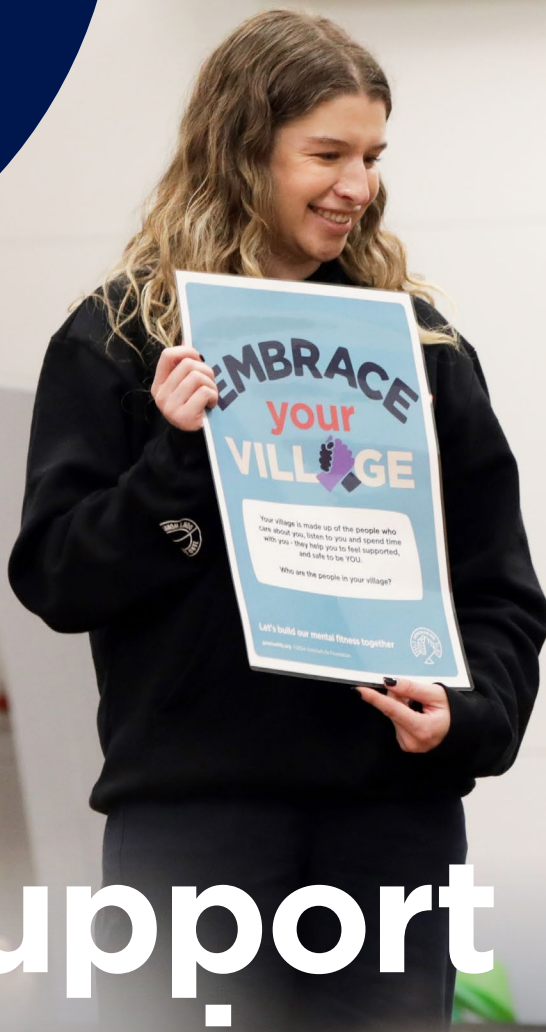


Content in this Impact Report covers topics related to mental health, including suicide which can be confronting and distressing. Please consider your needs when reading.

GOTCHA4LIFE

Equipped to Live

STORIES OF YOUR
LIFE-CHANGING IMPACT
July - December 2024



Your support is equipping people to live

BECAUSE OF YOU FROM JULY TO DECEMBER 2024...



45,818

young people and the adults who support them, were equipped with skills to build their mental fitness



17,927

people visited the Mental Fitness Gym



1,237

workshops inspired life-changing conversations

It's been another busy six months of building mental fitness out in the community, particularly in regional and rural areas. We've loved spending time on the ground and meeting teams in large workplaces. We've especially loved seeing how our workshops enable stoic members of our community to embrace vulnerability, be brave and rethink how they connect with their village.

This year we celebrated the third Gotcha4Life Cup, and the eighth year of the Gotcha4Life 24 Hour Row. Both fundraising events saw our community coming together in support of building a mentally fit future. YOU enabled all of this in 2024, and our hope is that you continue supporting us in any way possible in 2025.

Huge thanks,

Aus & Vicky Worland
FOUNDERS, GOTCHA4LIFE



EQUIPPED TO LIVE

Thank You

As we step into 2025, I'm filled with gratitude for you, our Gotcha4Life Village – our partners, donors, fundraisers and communities who make our work possible. Nothing happens without you. Every action – big or small – fuels our shared vision of a suicide-free future, where no one worries alone.

In 2024, we saw how collective action drives real change. From fundraisers rowing through the night to schools embedding mental fitness into their culture, it all matters. Together, we are shifting from crisis to prevention, equipping more people with skills to navigate life's challenges.

There is still much to do, but with this village, we will keep growing, taking action, and changing lives. Thank you for being part of our village.

Warm regards,

Belinda Elworthy
CEO, GOTCHA4LIFE



WHAT DRIVES US

3,000+
Australians lose
their life to suicide
each year

That's
7 men
2 women
each day

3.3 million
Australians have had
serious thoughts about
taking their own life

Working towards a
suicide-free
future

Source: Australian Institute of Health & Welfare; National Study of Mental Health and Wellbeing

BECAUSE of you...

...we supported more Primary School communities to build their mental fitness.

This year, our Mentally Fit Primary Schools pilot program in three schools has made significant progress. Feedback from the whole school community highlights how mental fitness is becoming a key part of the school's culture. Students, parents and caregivers are gaining valuable tools to connect more deeply, reach out for support and never worry alone. Teachers play a critical role in supporting students' emotional wellbeing and have enthusiastically embraced the interactive resources, helping students build their mental fitness.

Thanks to your funding support, we now have 20 schools across NSW participating in the program in 2025. We are also busy onboarding new schools as well as two new educators.



Students and teachers bring our program to life in their classroom, integrating Mental Fitness into daily practice.



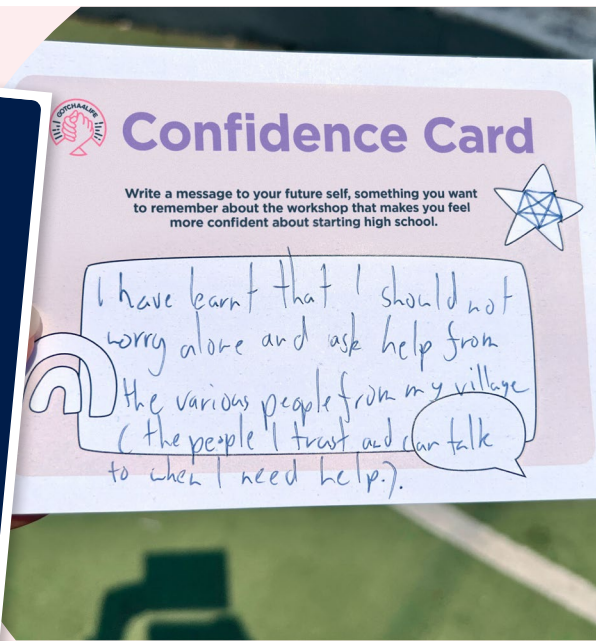
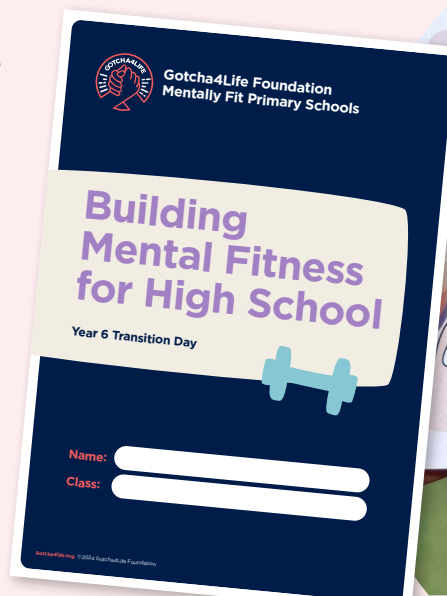
Nicholson Street Public School - 2024 Pilot Program reflections from the Principal:

“I’m excited to share the transformative impact of the Mentally Fit Primary School (MFPS) program, delivered in partnership with Gotcha4Life, at Nicholson Street Primary School. Since its introduction, we’ve seen a significant positive shift across our entire community - benefiting students, teachers, and parents.

The results have been remarkable. Students are more resilient, better at managing emotions, and more connected to their peers. A Year 5 student shared how activities focused on trust and communication have helped him open up both at school and home.

The program also prioritises teacher wellbeing, creating a more positive and engaged learning environment. When educators are supported, their energy and connection in the classroom improve, enhancing student outcomes. Additionally, parents are now better equipped to support their children’s mental fitness, fostering a unified approach between home and school.”

“One of our proudest moments came from a Year 4 student who, during a minor conflict, told a peer: *‘Even though we’re not best friends, you’re part of my village, and it’s my job to make sure you’re okay.’* This mindset of empathy and support embodies the lasting impact of MFPS and is a testament to the importance of building mental fitness across all primary schools for the next generation of Australians.”





Facilitator reflection from our program partners
Tomorrow Woman:

“In a recent workshop, we’d just finished reading statistics about women. I asked if anyone felt connected to a stat and would like to share. A young woman hesitantly raised her hand and walked to the front.

As she sat, her foot tapped, arms crossed and tears welling in her eyes. She pointed to the stat, ‘7 in 10 women believe they are not good enough,’ and shared where in her life she feels she isn’t enough.

I asked what ‘not feeling good enough’ held her back from. After a pause, she replied, ‘Speaking freely like I am now.’

Curious, I asked how she felt before sharing. She described her racing heart, emotion in her chest, and jittery feet. Noticing her arms had relaxed and her foot had stilled, I asked how she felt now. She paused, then said, ‘A little bit more free.’

Taking the risk to speak honestly can be scary, but it’s also freeing. There’s something powerful about a young woman sitting bravely in that discomfort, knowing that with each moment of vulnerability, she moves closer to the beautiful feeling of freedom.”

Facilitator reflection from our program partners **Tomorrow Man:**

“Two years ago, we worked with a young boy going through a tough time.

The right steps were put in place for him to access professional support at school, and his life changed because of that workshop.

Recently, I returned to the same school to work with another group of lads from this small country town knowing how impactful our work was last time.

As I set up, I spotted a familiar face — the school counsellor from two years ago. She greeted me with a big smile, and we reflected on the power of that workshop.

She shared how one of the boys we connected with that day completely turned his life around. ‘He is a totally different kid. Literally, his life changed forever that day and after all the support we offered him and worked through, he’s kicking life goals, happier than ever and working full time - a very happy young man.’

Not only that but they checked in with his younger brother and they also supported a life-changing course of action. He is also leading a very fulfilled life. Happier than ever.”





Reflections from Orange High School on Mental Fitness Programs delivered by our program partner, Anchor Health.

“The Youth Mental Health First Aid Course provided our staff with a safe and protective environment to develop confidence and language to have healthy conversations with our students. Steven facilitated the session with enthusiasm, empathy, knowledge and expertise. His relatable stories and real life examples were engaging and created a conversational environment for us all to extend our knowledge and skills.

The Let’s Talk program provided our years 7-9 students with the skills and confidence to have healthy conversations with each other and encourage them to be their best self, while be open to working on their health and showing empathy to others. The students were engaged in the learning opportunities and look forward to practising their skills.”

- Head Wellbeing teacher.

You supported our Gotcha4Life Internal and Partner Delivery Team to deliver workshops in

- 1,092** Schools & Universities
- 84** Workplaces
- 61** Sports Clubs & Communities



BECAUSE of you...

...We were able to visit more regional and remote communities.

Loss of life to suicide is 1.5 - 2 times higher in regional and remote communities* and access to mental health support services can be difficult. Thanks to you, we were able to visit these regions to build mental fitness and equip communities with the skills to navigate life's ups and downs.

*source : www.aihw.gov.au/suicide-self-harm-monitoring/data/geography/suicide-by-remoteness-areas



Reflecting on her recent trip to the Central West Region, Gotcha4Life's Head of Programs Vicky Worland was reminded how special this part of the country is to Gotcha4Life.

"The team has visited for years, delivering workshops and programs with an impactful focus on building mental fitness in partnership with our incredible program partners."

This specific initiative continued the mental fitness journey in Orange, Bathurst, and Parkes with remarkable engagement across the region. It began with the Gotcha4Life Mental Fitness Kickstarter presentation, sparking and inspiring important conversations to take action and embrace mental fitness. Followed by an interactive Mental Fitness Fundamentals workshop, pro-active individuals were equipped with practical tools for them to use in everyday life. The year culminated with nearly 40 people trained in Mental Health First Aid, empowering them to not only embrace mental fitness but arming them with the skills to recognise when others may need help and support.

What started in Orange with a fundraising ball has grown into something truly impactful. Gotcha4Life doesn't just make a single visit - we come back year after year, deepening connections and equipping these communities to strengthen their mental fitness.

Vicky was incredibly proud to witness real change as people embraced the tools and training provided. "It's always a privilege to return, meet new faces in schools, sports clubs, and workplaces, and witness the positive impact their approach is making."



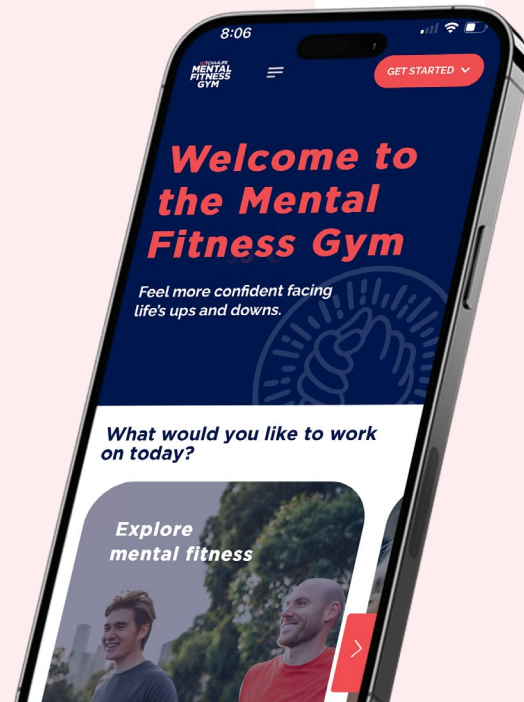
BECAUSE of you...

JOIN
today
for free



...more people had access to online mental fitness building via the Gotcha4Life Mental Fitness Gym.

More people visited our [Gotcha4Life Mental Fitness Gym](#) and discovered new ways to build their mental fitness.

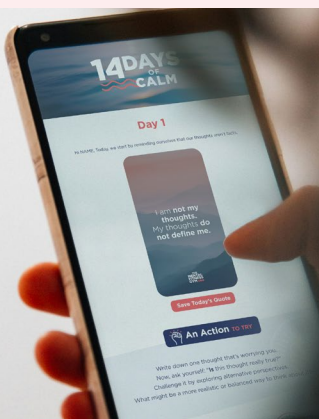
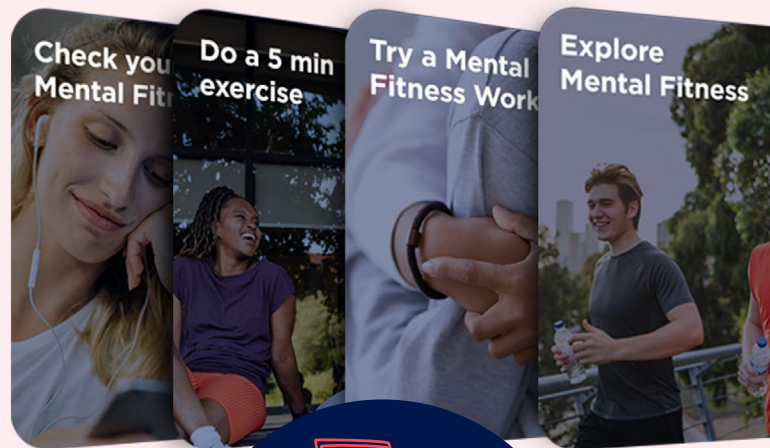


We launched three new evidence-based workouts that support consistent habit-building and strengthen emotional muscles.



Our updated website now offers a richer content library filled with articles, stories and practical tips designed to support mental fitness in everyday life. Because of you we are able to keep this resource free and accessible to everyone.

We're also excited to announce the upcoming launch of the free Mental Fitness Gym App - a resource to help individuals strengthen their mental health through guided workouts, live online events and more. [Sign up](#) to be the first to know



THANK YOU

for dedicating your time to fundraise for mental fitness!



YOUR SUPPORT OF SEAN AND JOHN'S PENRITH BALL HAS GIVEN PEOPLE THE CHANCE TO ATTEND A LIFE-CHANGING MENTAL FITNESS WORKSHOP.

John Rix and Sean Hogan's commitment to building mental fitness in the Penrith community began in 2017 after their sons lost two close friends to suicide. Determined to prevent further tragedies, they partnered with Gotcha4Life and Tomorrow Man to deliver mental health workshops that foster open communication and emotional resilience among young people.

What started as a single workshop for 20 boys has grown into a community-wide initiative. Through events like the 'Kayne McDonagh Cup', the annual Sportsman's Day Lunch, and the inaugural Gotcha4Life Ball in 2023, they have raised over \$500,000, directly impacting more than 10,000 young people. In 2024, they hosted another Ball to celebrate the Power of Connection and continue their commitment to funding these transformative programs.

The impact is undeniable. Workshops have changed lives, from coaches once skeptical of mental health programs to parents finding the strength to share their grief. The community now recognises the importance of fostering emotional well-being at all levels.

John and Sean won't stop until they see these workshops implemented in every school, sporting club, and community group across the country. With continued support, they are determined to ensure no one faces life's challenges alone, building a stronger, more connected future for all.

"All those young people have learnt how to not bottle up their emotions, how to talk about them and be able to recognise when a mate says 'I'm ok', to go 'Hang on a minute mate, are you really?' The workshops are making a real difference. We can see it. They're changing people's lives."

- Sean Hogan & John Rix



SAVE THE DATE:



13-14TH SEPTEMBER 2025
[Register your Interest](#)



2ND AUGUST 2025

THANK YOU.

Because of you, we are working towards achieving our vision of a suicide-free world where no one worries alone.

Stay in touch to be part of our impact in 2025 and beyond.

Some of our content includes sensitive topics. If you found the content emotionally challenging, please practise self-care. If these feelings persist, consider talking to a trusted friend, your doctor or a mental health professional about how you're feeling. There are support services available 24/7, we have listed some here: gotcha4life.org/help-resources

gotcha4life.org
thementalfitnessgym.org
info@gotcha4life.org