

Equipped to Live

STORIES OF YOUR
LIFE-CHANGING IMPACT
July - December 2025

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.



Your support is equipping people to live

BECAUSE OF YOU FROM JULY TO DECEMBER 2025...



47,414
Wider school community reached



6,024
People built their mental fitness in our online Gym and App



14,531
People in regional and rural communities reached

Acknowledgement of Country

Gotcha4Life acknowledges the Traditional Custodians of the land on which we live, work and connect. We honour the strength and resilience of First Nations peoples and their profound practices in community care and healing.

Guided by the wisdom of Australia's First Peoples, we strive to build culturally respectful Mental Fitness frameworks that foster strong, connected communities. We pay our respects to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people



Because of you

from July to December 2025...

More Australians are building mental fitness every day:

47,414

Students, parents,
teachers impacted

70

Mentally Fit
Schools reached

5,316

Mental Fitness Gym
App downloads

11,153

Mental Fitness Gym App
exercises completed

More communities are inspired to become mentally fit through:

222

Workshops

2,929,877

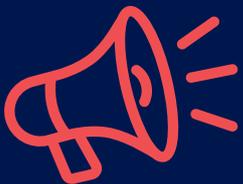
Social media impressions

22,843

Website sessions

80,000,000

Media impressions



“During the afternoon I met with three girls who had been really brave and mentioned their concern regarding one of their friends...I was absolutely blown away by the language they were using and their ability to recognise the signs that their friend was not ok... I believe that without Gotcha4Life, this may not have happened...Your work is making an incredible difference to so many.” - *Mentally Fit Primary Schools teacher*

“Mental fitness made me feel more confident at school, making me adapt to the school environment. It feels vital to me as I recognised that there are people out there that are sad on the inside but they cover up their scars. Mental fitness has impacted me positively and it helps me calm down easily and make strong bonds.” - *Mentally Fit Primary Schools student*

“[The app is] a wonderful tool to have on your phone. It really helps when you’re struggling and alone. It has helped me navigate my way through different stages of anxiety and how to respond and react to overwhelming feelings”
 - *Mental Fitness Gym app user*



From our long-time supporters to people just discovering Gotcha4Life, every conversation circles back to the same thing - a belief that we can all build our mental fitness. Your generosity and care make that belief a reality, creating lasting change for all Australians.

One of my highlights this year was visiting our rowers in locations up and down the coast during the 24 Hour Row. I saw people of all ages and backgrounds showing up with energy and heart, all driven by the same community-focused goal - creating a world with zero suicide. We were completely knackered after 24 hours, but I've rarely felt more connected or more certain that what we're all supporting truly makes a difference. I can't wait to continue this journey together in 2026.

Chris Worland
FOUNDER, GOTCHA4LIFE



Equipped to Live Thank You



Every young person deserves to feel seen, supported and confident to ask for help when they need it. This year, thanks to your generosity, that vision became a reality in 20 schools across New South Wales - up from just three schools two years ago.

In 2026, your impact will extend even further, with our work expanding to 68 schools across Greater Sydney, Greater Brisbane, and regional New South Wales. This means more children building the confidence and skills to navigate life's ups and downs, and stronger, more connected school communities. This growth would not be possible without you.

We also marked an important milestone with the launch of our first podcast, Mental Fitness Conversations, hosted by Gotcha4Life Board Member and First Nations leader Mundanara Bayles. Across eight episodes, the series centres First Nations voices and lived experience, exploring mental fitness through stories of connection, care and community.

Belinda Elworthy
CEO, GOTCHA4LIFE



**This is why we
need your help**

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

That's
**7 men
2 women**
each day*

**One suicide attempt
in Australia happens
roughly every
8 minutes**
67% of those attempts
are made by women#

*Australian Bureau of Statistics, 2024

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

Because of you...

...young people are becoming the mental fitness leaders of tomorrow

Your support has helped Year 5 students unlock their creativity and leadership skills to be mental fitness leaders in their school communities.

Through the Mentally Fit Schools Student Voice Project, these young leaders worked in small teams to design initiatives that promote mental fitness in classrooms, playgrounds and across their school. Your generosity made it possible for one group from each school to present their ideas at a special Showcase hosted at Western Sydney University. Students proudly shared their projects with peers, teachers and families, demonstrating the power of their voices and the difference they can make when given the tools and confidence to lead.

From fun runs and music for the school bell, to calm corners and playground challenges, their initiatives are already making a tangible difference for their schools. Teachers witnessed remarkable growth in confidence, communication and leadership, and many of these student-led projects have now been embedded into everyday school life.



Mental Fitness
LEADERS
 of
TOMORROW

How would changing the school bell build mental fitness?

As one teacher from Herons Creek Public School reflected, **“it was truly fulfilling watching the Gotcha4Life team support our students in grasping the importance of mental fitness and to empower them to become mental fitness champions and leaders within our small school network.”** These experiences highlight the impact of meaningful student voice and contribution in creating mentally fit schools.

With your support, students are strengthening confidence, connection and participation, and building mental fitness skills to support them now and into the future.



Because of you...

...our Program Partners led more open and honest conversations

Facilitator reflection from our program partners Tomorrow Man:

“We were talking about banter, judgement and the different kinds of armour we all put on. What unfolded was some of the most honest shares we’ve witnessed.

One young man put his hand up and spoke about the racism he’s been copping since joining the school. What happened next was powerful. The class joker was the first to step in and hold space. The rest of the group followed suit. At the end, one of the lads thanked us for the space. He was grateful for the honesty, hope and genuine conversations that happened in this room. These are the moments that remind us why creating these spaces matters.”

Facilitator reflection from our program partners Tomorrow Woman:

“We recently wrapped up our fourth and final workshop with the year 12’s at Windsor High School. There was one particular moment that really shifted our journey together, our second workshop, which was all about how as women and people we treat each other.

This workshop had it all. It was gritty, silly and had just so much heart. We ended up staying longer in the room because the group wanted to keep hearing from each other - we were in tears, laughed together and they apologised and shared what they saw in each other so authentically - this is one group I will not ever forget.”



Attendee reflection from our program partner Anchor Health.

“By assisting young people identify the importance of connection, seeking support and removing the stigma of acknowledging any struggles with their mental health, the program plays a beneficial role in providing context and realistic approaches to (young people) taking care of themselves and their friends... Our students and school community will benefit from any support around mental health and self care and appreciate the passion Steve brings to the program.”

- Attendee of Teen Mental Health First Aid.



Because of **you...**

...we are reaching more communities than ever before

Four women, a pink tutu and a world-first quad tandem bike ride across the country - that was the start of Ride4Life, a 4,000-kilometre journey from Perth to Sydney to raise awareness and funds for Gotcha4Life programs.

Best friends Louise and Sonia, and sisters Anna and Rachel, pedalled across the country, visiting schools and communities along the way. Their mission was simple but profound: start conversations about mental health, build connections and support communities to strengthen mental fitness.

The true impact wasn't measured in kilometres or funds raised. It was measured in connection. At every stop, people opened up - sharing their stories of struggle, loss and hope. In Kimba, a farmer recounted how his mates had saved him from suicide years earlier. In Wagga Wagga, a man shared that just that morning he gathered the courage to start counselling after losing his wife to suicide. The ride inspired new initiatives too - including a men's group started by someone inspired to take action after meeting the riders.

These moments are a powerful reminder of why community outreach and support matters. Ride4Life shows that connection saves lives. Your support fuels these journeys and strengthens communities.

“The ride made me realise mental fitness isn't about being tough, it's about being connected. A chat, a laugh, a shared story. They're basically emotional electrolytes. Without them, you're running on empty.”

Rachel, Ride4Life member



Because of you...

...Australians are learning to name their feelings

Often, our feelings cannot be described with neat, simple words. When emotions feel messy, overwhelming, or hard to explain, it can be difficult to know how to take action.



During October's Mental Health Month, your support made it possible for the Mental Fitness Gym to give people a new, relatable dictionary of words for their emotions - from "Brainfetti" and "Clusterwhelm" to "Meh-ified" - alongside practical tools to work through them, helping to turn confusion into clarity and overwhelm into action. Coupled with generous in-kind national media support from Initiative and UnLtd and design by Science Fiction, we shared mental fitness habit-building on buses, TVs, cinemas, radio and more - generating over 80,000,000 impressions.

Because of you, these tools are now available to more Australians than ever. People who might otherwise have felt stuck, alone or unheard now have the words and strategies to take ownership of their emotions. Everyday Australians can move from "I don't know what I'm feeling" to "I can name it and do something about it." That moment of clarity - when they recognise their feelings and take action - is where real mental fitness grows.





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 2026 and beyond.

gotcha4life.org

thementalfitnessgym.org

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