

Equipped to Live

STORIES OF YOUR
LIFE-CHANGING IMPACT
January - June 2026

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



Your support
is equipping
people to live

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 January to June...

More people are building mental fitness every day:

67

Mentally Fit
Schools

55,765

Students

5,797

Teachers and
caregivers

13,281

people in regional
communities

11,705

People attended a
workshop (non-school)

4,615

Total Gym app
downloads

14,318

Unique Gym
website visits

More communities are inspired to become mentally fit through:

79

Workshops

2,243,484

Social media impressions

16,245

Engaged sessions



"It was truly fulfilling watching the 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. Considering the rural context and the limited access to services and resources in our communities, equipping our students and staff with the tools to navigate life's challenges felt particularly meaningful. Their ongoing support has been exceptionally rewarding!" - *Mentally Fit Schools teacher*

"Loving this app!! Really noticing the positive impact it's having. Told my mate today and he just texted me to say he's now on it and loving it!!" - *Mental Fitness Gym app user*

"It helped me see the different perspectives of emotions and it helped me open up to the people in my village" - *Mentally Fit Schools student*



When I started Gotcha4Life nine years ago, I had one belief: no one should worry alone. What I couldn't have imagined was the village that would grow around that idea.

This year, you showed up in extraordinary ways. For the ninth consecutive year, Chemist Warehouse stood alongside us for Men's Health Month - taking conversations about mental fitness into communities across Australia and reminding men and boys that real strength includes letting someone in.

We also celebrated the fifth Gotcha4Life Cup, made possible by Shaw and Partners and Unibet, with the Sydney Roosters and Manly Sea Eagles showing what it looks like when sport unites us for something bigger than the game.

None of it happens without you.
Thank you for being part of our village.

Chris Worland
FOUNDER, GOTCHA4LIFE

Equipped to Live Thank You

Every time I visit one of our Mentally Fit Schools, I'm reminded what your support makes possible. I see children learning new ways to understand their emotions, teachers feeling more supported to explore their own mental fitness and school communities embracing simple habits that strengthen connection every day.

Thanks to the generosity of our partners, donors and supporters, we were able to expand Mentally Fit Schools into Queensland this year, bringing these opportunities to more school communities. Each new school means more students, educators and families developing practical mental fitness skills to navigate life's ups and downs together.

As we prepare to welcome more schools in 2027, I'm hopeful about what we can achieve together.

With your continued support we'll bring Gotcha4Life's Mentally Fit Schools program to even more communities in NSW, QLD, VIC and the ACT, and help thousands more people to build their emotional muscles in the Mental Fitness Gym App.

Together, we're giving more people the confidence, connections and help-seeking habits that can support them through their lives.

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...

...Queensland communities are building mental fitness

At Belgian Gardens State School in Townsville, students and staff already cared deeply for each other and a strong sense of community, but not always the language to talk about how they were feeling or the tools to work through it together. That's where our Mentally Fit Schools team came in.

Over the course of the program, students are learning practical ways to understand their emotions, like naming how they feel instead of burying it down or recognising why they may struggle to ask for help. Staff are growing more confident too, discovering how small mental fitness habits can slot into everyday conversations and classroom routines, without adding to an already full plate. It's the kind of shift we're seeing right across the program with 91% of staff being able to identify new opportunities to practise mental fitness in the classroom, and 91% feeling inspired to introduce these skills into their own lives (Gotcha4Life Mentally Fit Schools program evaluation data, 2026).





“ Since our team began working with Belgian Gardens, something has changed.

“Over the three days, staff engagement and confidence grew as they began developing a clearer understanding of the program’s purpose and impact. As they observed the students’ participation and the value of the learning experiences, this evolved into staff becoming increasingly more comfortable, engaged and invested in the program.”

- Kristie-Lee, Mentally Fit Schools Lead, QLD



If you’d like to explore what a Mentally Fit Schools partnership could look like at your school, we’d love to hear from you. Scan the QR and send us an enquiry.



Because of you...

...anyone can access mental fitness tools, for free

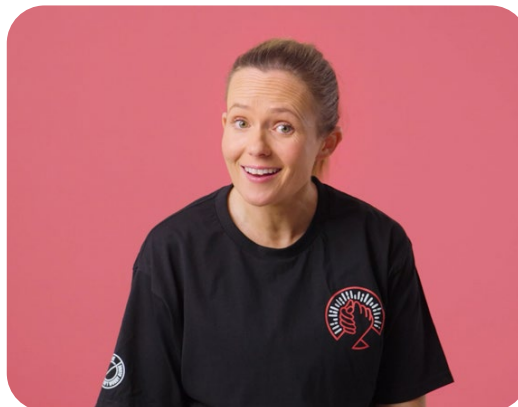
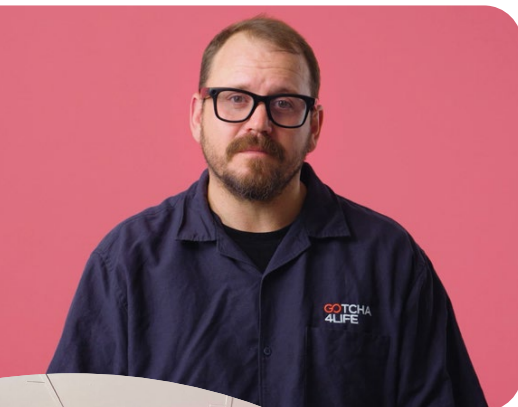
The Mental Fitness Gym app has turned one, and in the past year, your support meant that 13,000 people have completed over 22,000 mental fitness exercises. Users tell us the app is helping them recognise their emotions, build the habit of checking in with themselves and navigate life's challenges with greater confidence, often in just a few minutes a day.

"Even taking 1-2 minutes out of your day can really reset your thinking and mood."
- Mental Fitness Gym app user



The Gym is free, available anytime and anywhere, and built on a simple belief: mental fitness is strengthened through small actions, repeated over time. The more we practise, the easier it becomes to reset, reconnect with those around us and reach out when we need support.

Your support keeps it that way. Cost, location and simply not knowing where to start can all get in the way of someone building their mental fitness. The Gym exists to remove those barriers, keeping the tools free and within reach for everyone who needs them.



Your support also lets us keep improving the Gym based on what users tell us, so it stays true to what it's meant to be: simple, easy to use and free.

This year, that meant introducing a new series of short, guided exercises designed around what users said they needed most. The videos support people through moments of stress or overwhelm, with practical actions that help them pause, regain a sense of control and strengthen emotional awareness. Built to fit into everyday life, between tasks, during a stressful moment or whenever someone needs a quick reset, they make it easier to build the small, consistent habits that add up over time.



Because of you...

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

Facilitator reflection from our program partners Tomorrow Man:

"We were running In Her Shoes at an all boys school.

One of the boys shared a powerful story about his mum feeling pressure to go into a career she saw no passion in. When it came time to commit to that degree, she chose to be the author of her own life, not someone else's and chose a career that ignited a spark that still remains with her to this day.

The room was in awe of his mum's strength. He shared with us that this is the kind of person that he hopes to be, authentic and passionate. It was a massive reminder to the group that when you're acknowledging, thanking or shouting out a woman, make it about what she stands for and who she chooses to be."



Facilitator reflection from our program partners Tomorrow Woman:

"Last week, I sat in a room with the first 60 girls to ever walk the halls of Cranbrook School. The energy was electric. We spoke about the women who came before them, and the legacy they are leaving behind.

The support in the room was palpable as each girl proudly shared their unique passions, which they were once judged for, yet now felt celebrated for in this group. From chess lovers, to black belt mastery, from professional sport to history buffs. Each girl in that room felt safe to take pride in their achievements, something women aren't typically encouraged to do.

I asked them what's next. They all had the same answer: to set the tone, culture and role model for future girls to come with pride."



Facilitator reflection from our program partner Anchor Health.

"What stands out most about Teen Mental Health First Aid is the confidence it gives young people to look out for one another. Students leave with practical skills to recognise when a friend might be struggling, listen without judgement and connect them with a trusted adult when extra support is needed. We've seen how these skills help create school communities where conversations about mental health are more open, students feel more supported and looking out for each other becomes part of everyday life."



Because of you...

...mental fitness leaders are inspiring change in their communities

The moments that change a community are often quiet and unnoticed.

A teacher who creates a classroom where every student feels safe to speak up. A coach who checks in before training. A fundraiser who brings people together around a shared purpose. These everyday actions may seem small, but they create ripples that strengthen entire communities.

That's why we launched the Gotcha4Life Mental Fitness Leadership Awards this year - to celebrate and amplify the people already creating change in their communities, inspiring others to take action and helping mental fitness become part of everyday life.

One of this year's recipients, Kylie, Assistant Principal at one of our Mentally Fit Schools, embodies the kind of leadership these awards were created to celebrate.



"As a school leader, I've seen the incredible benefits of speaking more openly about mental health... If I am willing to share my own struggles with colleagues and even my students, I create opportunities for more authentic conversations. In doing so, I believe I can create a safe space so others are willing to speak up, share their own journeys and build meaningful connections."

Leadership like Kylie's creates a ripple effect. Most of this work happens quietly, and often without recognition, but these everyday actions have a genuine impact on the long-term wellbeing of communities. When one person chooses openness, others realise they can too. Conversations become easier, connections grow stronger and over time, communities become places where no one has to worry alone.

Thanks to your support, we're able to shine a light on leaders like Kylie whose actions strengthen the villages around them every day. By celebrating and sharing their stories, we're inspiring more people to take action in their own communities, creating a ripple effect that helps build a more mentally fit Australia.





Partner Spotlight

Because of partners like Mounties Group, more young people are building the mental fitness skills they need to navigate life's ups and downs.

Mounties Group continues to invest in the wellbeing of local communities through its support of our Mentally Fit Schools program. This year, they also stepped up as the matching partner for our very first Giving Day, helping inspire even more generosity and doubling the impact of every donation on June 4.

Their commitment reflects a shared belief that prevention matters. By giving young people the skills to build emotional muscles, strengthen social connections and ask for help when they need it, we're helping create communities where no one has to worry alone.

As Steve Fitzpatrick, President of Mounties Group, explains:

"At Mounties Group, we don't just invest in programs, we invest in people. Our partnership with Gotcha4Life, and the support of their Giving Day, is something we're incredibly proud of because it's helping shape a stronger, more resilient next generation."

We're seeing the real impact of prevention: young people who are more confident, more connected, and more willing to speak up and support each other. That's exactly why we do what we do. We want to help create a community where no one feels alone, where mental wellbeing is prioritised, and where every young person grows up knowing they are supported, valued and never have to face things on their own."

Together with Mounties Group and supporters like you, we're helping ensure more schools can access life-changing mental fitness education, giving more young people in Australia the confidence to thrive today and into the future.





Thank You

Because of you, we are working towards achieving a mentally fit future where no one worries alone. Stay in touch to be part of our impact in 2026 and beyond.

gotcha4life.org
thementalfitnessgym.org

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



12-13TH SEPTEMBER 2026
Sign up your team at 24hourrow.com.au



Learn more about bringing Mentally Fit Schools to your community in 2027
gotcha4life.org/programs/primaryschools