



## headspace Darwin and headspace Katherine complete The Push-Up Challenge, raising a massive \$32,000 for mental health

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headspace Darwin and headspace Katherine have motivated Territorians to each complete 3,318 push-ups, raising \$32,000 for local mental health services, as part of Australia's largest mental health and fitness event, [The Push-Up Challenge](#).

The Push-Up Challenge, which took place over 25 days in June, saw over 170,000 Australians of all ages and from all walks of life each aim to complete 3,318 push-ups which tragically represents the lives lost to suicide in Australia in 2019.

Now in its fifth year, the nationwide mental health event aims to bring people together to get fit, learn about mental health and help raise critical funds for mental health services in Australia.

Jade Gooding, Executive Manager of Mental Health at Anglicare NT said headspace Darwin and headspace Katherine are incredibly humbled and grateful for the community support.

"In Darwin, 384 people completed 655,721 push-ups, altogether raising \$28,369. Almost 52,000 push-ups were completed in Katherine by 63 people, raising \$3,440."

"The money raised will go directly back into supporting young people to access headspace services, with a focus on improving the social and emotional wellbeing of young people in our community."

"We thank everyone who participated or donated to this year's Push-Up Challenge. Special mentions go out to ARC Fitness, NT Fire and Rescue Service, Top End Wrestling, NT Department of Health, Katherine Sober Pushers, Katherine Hospital and Katherine West Health Board."

Founder of The Push-Up Challenge, Nick Hudson, who has had his own personal experiences with depression, said the 2021 event exceeded all of his expectations.

"Five years ago I would never have dreamt that a push-up related rivalry with some mates would turn into a nation-wide movement for mental health. While mental health can be hard to talk about, it's something that everyone is likely to encounter at least once in their lifetime. Watching so many passionate and dedicated Aussies get around The Push-Up Challenge and have more conversations about such an important topic has been incredible," he said.

"The more we normalise conversations about mental health and suicide, the more we can break down the stigma associated with mental ill-health and encourage those who need it to seek help early."

Each day, participants completed their push-ups while learning about mental health, with the number of push-ups changing day to day to reflect a vital mental health statistic. The event brought people from across the country together through a powerful online community sharing encouragement, positivity and personal stories of mental health struggles and resilience.

Proudly supporting



Whilst fundraising is an optional part of the event, participants across Australia collectively raised over \$8.8 million for beneficiaries headspace, Lifeline and The Push For Better Foundation, making a real difference to mental health and suicide prevention.

**-ENDS-**

### **About The Push-Up Challenge**

Founded by Nick Hudson in Perth in 2017, The Push-Up Challenge began as a challenge between four friends, and has since grown to become Australia's largest fitness-based mental health event. The Push-Up Challenge asks individuals to complete 3,318 push-ups over 25 days in June, to raise awareness about mental health. The Push-Up Challenge is a fun way for Australians to connect with one another, get fit, and learn about mental health and gives participants the opportunity to raise funds for headspace National Youth Mental Health Foundation, Lifeline Australia or The Push For Better Foundation. The event is free to take part in and ran from 1-25 June. For more information visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

### **About headspace**

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25-year olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 132 communities across Australia<sup>[1]</sup>, our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website: [headspace.org.au](http://headspace.org.au)

[1] As at May 2021 and inclusive of licensed headspace centres, satellites and outposts

### **About Lifeline**

For 57 years, Lifeline has been connecting with Australians in need through crisis support and suicide prevention services – bringing hope and help to people anytime, anywhere. Lifeline exists to ensure that no person in Australia has to face their darkest moments alone. Through phone, text and online chat Lifeline is available 24 hours a day to listen, without judgement to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard. Lifeline Australia is available to help. Phone 13 11 14 (24/7) or text 0477 13 11 14 (6:00pm – Midnight (AEST)). More information at [lifeline.org.au](http://lifeline.org.au)

### **MEDIA CONTACT**

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