

Equipped to Live

STORIES OF YOUR
LIFE-CHANGING IMPACT
January - June 2025

Your support is equipping people to live

BECAUSE OF YOU FROM JANUARY TO JUNE 2025...



39,598

Wider school
community reached



37,077

People built their
mental fitness in our
online Gym



11,404

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 January to June 2025...

You've helped build the mental fitness of the next generation, one school community at a time with:

38,164

Students reached

173

Schools reached

1,261

Teachers and caregivers reached

"The Mentally Fit Primary Schools program develops a language, a way of talking about mental fitness and having strategies of how to develop our mental fitness that is not overwhelming and that's positive. The teachers feel empowered to use the language and strategies with each other, and with the kids." - *Principal from a Mentally Fit Primary School*



You have helped our communities grow stronger with:

92

Workshops inspiring life-changing conversations

5,993

People equipped with skills to build their mental fitness

11,404

People in regional and rural communities reached



"The Gotcha4Life facilitator's personal story really stuck with me. The session was interactive and emotive, texting someone from my tribe and having them acknowledge it reminded me how important those connections are." - *Program participant*

You're helping mental fitness habits become part of everyday life:

3,967

People downloaded the new Mental Fitness Gym app

31,303

People visited the Mental Fitness Gym website

1,807

New Mental Fitness Gym members

60,619

Follow us on our social channels

3,720,033

People reached with our stories and message on our social channels

"Just tried my first workout and already feel better shaking off the anxiety that has been bothering me all day. Looking forward to using the gym daily." - *App review*



To say this year didn't start as planned is an understatement! After some time off for health reasons, I'm feeling grateful to be back – physically and mentally. It reminded me how important it is to build our mental fitness every day, especially when life gets tough.

One of my proudest moments this year was releasing my children's book Boys Do Cry – a story that helps kids understand their emotions and reminds them that crying is a natural way to express how they feel. Learning to talk about emotions is where mental fitness begins.

In May, our message went global thanks to the legend Ryan Reynolds (with a little help from my mate Hugh Jackman). And during Men's Health Month, our partnership with Chemist Warehouse sparked real conversations across the country.

Thank you for helping us build a world where meaningful mateship, connection and support are part of everyday life.

Gus Worland
FOUNDER, GOTCHA4LIFE

Equipped to Live Thank You

Walk into a school hall and you'll see it - hundreds of young faces, open and curious, learning how to talk about the tough stuff. These are conversations that weren't happening a generation ago. Now, they're becoming part of the rhythm of school life. Outside, signs on school gates mark a shift: this is a Mentally Fit School.

From January to June, with your support we've continued to grow our impact where it matters most - in classrooms, communities and homes across the country. Thanks to your support, we're on track to increase our reach next year, giving more children and the adults who support them the tools they need to build their emotional muscles and mental fitness, for life.

In April, we took another step toward making mental fitness part of everyday life, launching the Mental Fitness Gym as an App - a free, practical tool already in the hands of thousands. Together, we're helping more Australians have access to the tools they need to build emotional strength before challenges escalate.

Belinda Elworthy
CEO, GOTCHA4LIFE



**WHAT DRIVES
US FOR A
SUICIDE-FREE
FUTURE**

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

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



Because of you...

...more students in regional NSW had a say in their school's wellbeing

In eight primary schools across regional NSW, a quiet shift is taking place. Students opened up about big emotions and began to imagine how their school could feel safer, more connected and mentally fit.

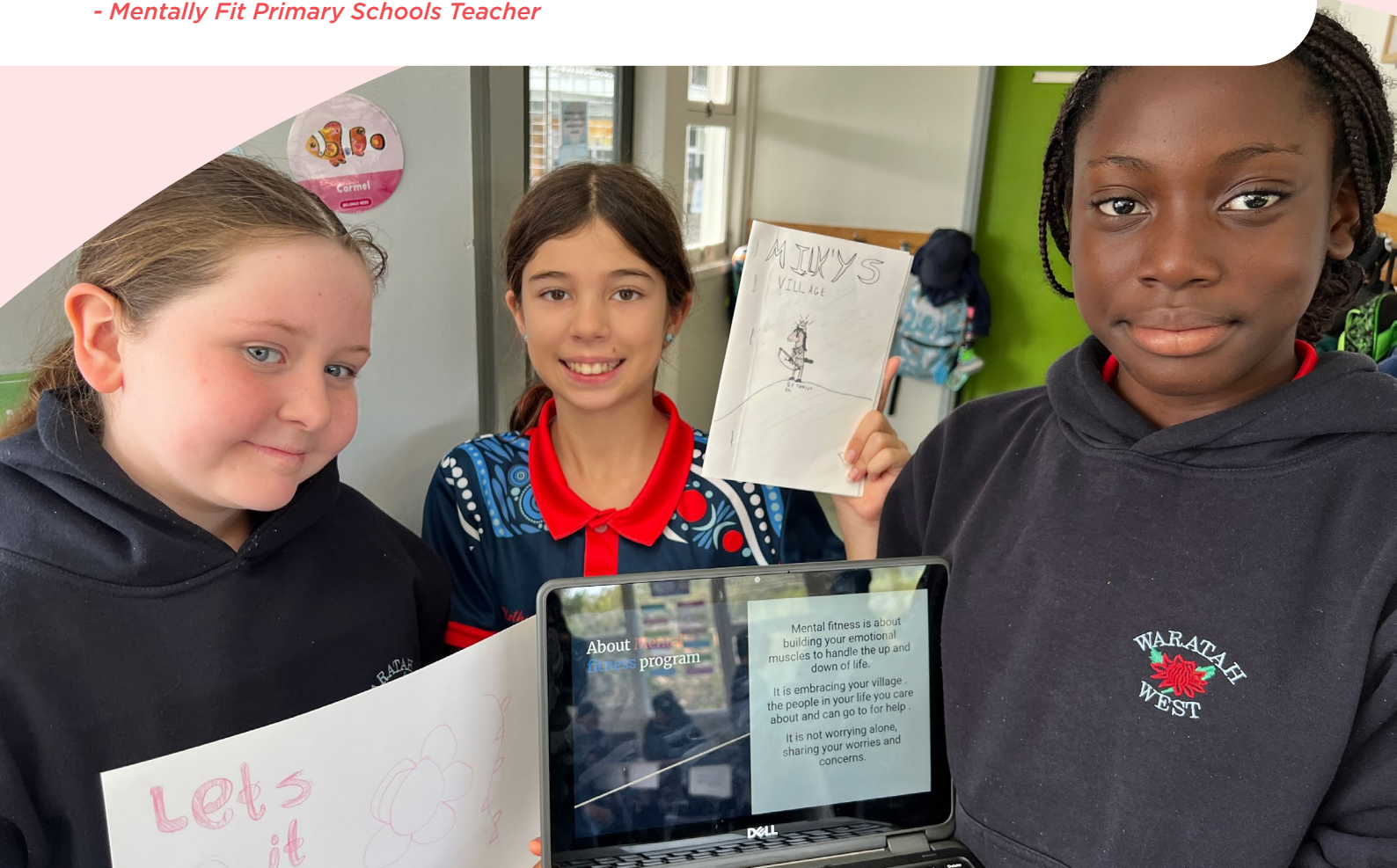
Through the Mentally Fit Primary Schools Student Voice Project, students took what they learnt from our Educators and put it into action that worked for them and their school. From creating “calm corners” in classrooms to designing peer check-in programs, young people led the way in shaping the kind of culture they want to grow up in.

Teachers noticed something powerful too: students who rarely spoke up found their voice. They leaned into teamwork, shared openly about emotions and showed real leadership in designing change.



“The students had an amazing time and the ideas that came from the workshop were amazing... (it) allowed all students to feel safe and secure in their emotions, giving all students a voice.”

- *Mentally Fit Primary Schools Teacher*





When asked what mental fitness meant to them, students responded:

“Keeping a healthy mind.”

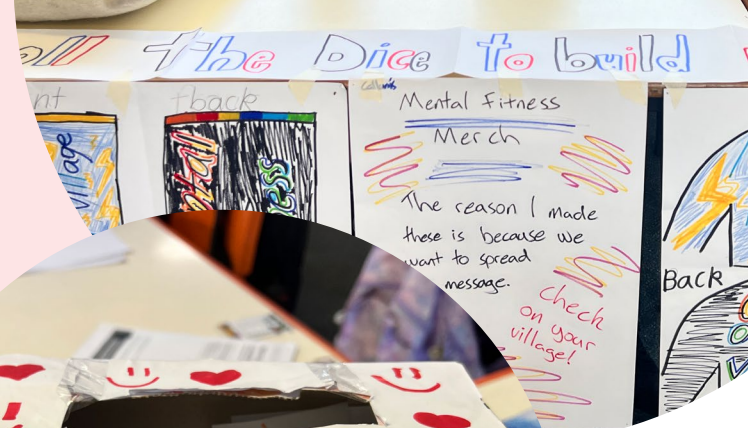
“Working out your mental muscles.”

“Help your brain get stronger, smarter and calmer.”

Or, simply:

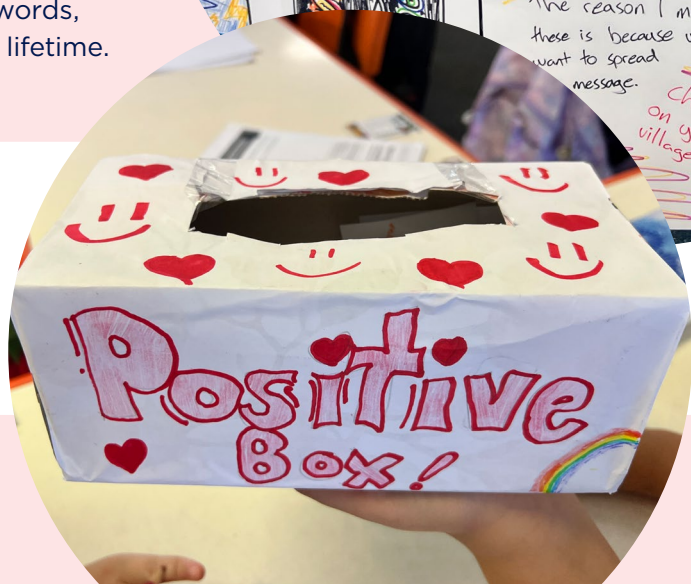
“It’s totally normal to have new emotions.”

You’re helping these kids learn how to find the words, support a friend and build habits that can last a lifetime.



KNOW A SCHOOL THAT COULD BENEFIT?

Expressions of interest are now open for our 2026 Mentally Fit Primary Schools intake.



Because of you...

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

Facilitator reflection from our program partners Tomorrow Man:

"I ran a workshop with a group of teenage boys recently. We were unpacking masculinity where stereotypes come from and what they cost us.

One boy stood up and said, *'This is bull****. I hate that people assume all guys are like this.'*

He went on, *'None of my mates are violent or misogynistic. Most barely leave their rooms. They're scared to even say hi to a girl in case they get cancelled. How are we meant to be good blokes when the world's already decided we're monsters?'*

His frustration was real. I asked the group, *'Hands up if you ever feel like the world sees you as a problem just because you're a guy.'* Every hand went up.

Then a quieter voice said, *'Bro, just because you're not in jail doesn't make you a good bloke. There's a difference. Instead of saying 'I'm not the problem,' maybe ask 'How am I part of the solution?'*

The room shifted. The first boy sat down and said, *'Maybe people think that way because too many of us stay quiet. I know I have. I want to speak up. My mum raised me better.'*

No shame. No blame.
Just boys figuring it out - together."





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

“One of the workshops last term that really stuck with me was one we ran alongside the incredible @youthoffthestreets - a not-for-profit supporting 12-24-year-olds in NSW and QLD who are experiencing or at risk of homelessness and disadvantage.

One student stood out early on. They were full of life - funny, quick, energetic. Then, in a quiet moment, I noticed a shift. I asked what was coming up for them, and they said they were often hard on themselves, and had never truly felt valued for who they are.

Then they turned to the group and said, *‘I wouldn’t be here without this group of students.’* When I asked what support looked like, they replied, *‘This group is my family. They make me feel like who I am is of value.’*

I asked for the recipe. How does the group help them feel that way?

‘All I want is to be listened to and heard,’ they said.
‘And they make me feel both of those things.’

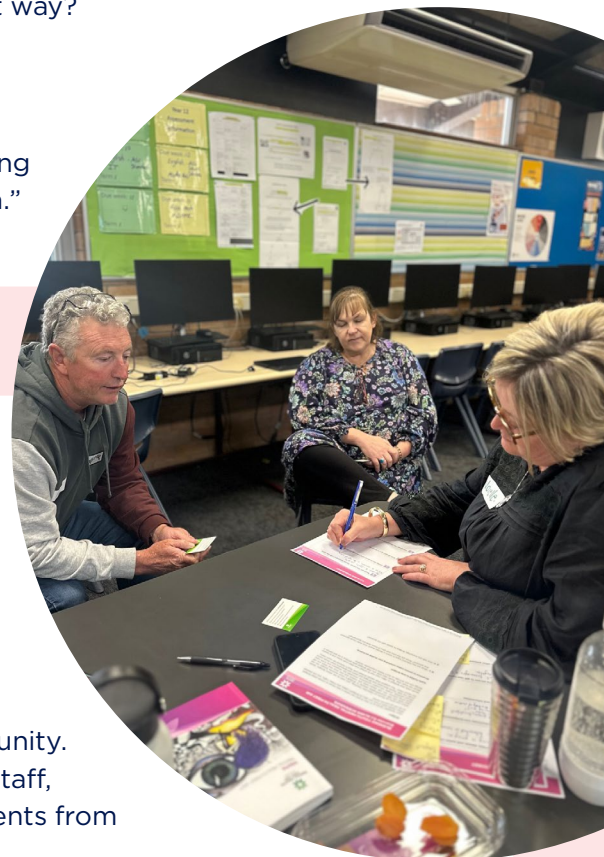
That moment hit hard. The recipe was so simple - yet something we so often forget. To listen. To hear. To let someone feel seen.”

Facilitator reflection from our program partners Anchor Health.

“This education program marks an exciting opportunity to work closely with a beautiful regional school and community. Together we are empowering future leaders and helping them navigate challenges, support one another and reduce suicide through early intervention, help-seeking and vulnerability.” - *Steve Gamble*

Steve visited a regional school which is building a mentally fit community. It included a Youth Mental Health First Aid (YMHFA) training for all staff, followed by Teen Mental Health First Aid (TMHFA) sessions for students from Years 7 to 12.

“The YMHFA course is essential professional learning for anyone working with young people,” said one staff member. “It shares current statistics, helps us recognise the signs and teaches us how to support students into professional help. We are super excited to be partnering up again with the delivery of TMHFA for our students and creating an environment where all students feel safe and listened to, using a common language and creating a big network of support for each other as friends.”



Because of **you...**

...communities turned connection into action

WHEN THE COMMUNITY BECOMES THE LIFELINE.

In 2019, when Jayson McDonald became CEO of the Royal Motor Yacht Club, Broken Bay, the Northern Beaches community was facing a silent crisis. A series of tragic suicides - particularly among teenagers and young adults around the Avalon area - left deep scars. What stood out most to Jayson, a former Police Officer with nearly a decade of service, was the impact on the club's casual staff - many of whom had personal connections to those lost.

It felt like the only solution was to fence off parts of the local headland where people visited in moments of desperation.

But it soon became clear that something more than a physical barrier was needed. The community needed connection, conversation and action before their loved ones reached crisis point.

That's when Jayson discovered Gotcha4Life and its programs focused on prevention and building mental fitness in schools. Inspired by the cause, the club hosted the country's largest raft-up event - not just as a fundraiser, but as a platform to spark meaningful conversations and unite the boating community.

The ripple effect has been powerful. The club now hopes to raise enough to deliver Gotcha4Life programs in more schools. Because real change starts locally and it takes a village to ensure no one worries alone.

We can't wait to team up with RMYC again next year to make the event even bigger and better - strengthening the community and powering more Gotcha4Life programs where they're needed most.



Because of you...

...people can build mental fitness anytime, anywhere

Think back to a time when everything felt too much - work stress piling up, tension at home or the mental load of life just sitting too heavy. Now imagine having a tool in your pocket that helps you slow your breath, ground your thoughts or find the words to reconnect with a mate you've drifted away from.

Because of you, the Mental Fitness Gym app now exists, and it's free for anyone who needs it. Launched in April, the app brings our proven, evidence-based platform to mobile for the first time, making mental fitness easier to access anytime, anywhere.

Now, instead of doom scrolling on the train, someone chooses a "Circles of Control" exercise that strengthens their emotional muscles. A simple prompt at 8am becomes a daily reset - a moment for "A Pointless Pause" meditation, an emotional check-in or words to help them reconnect with their village.



Here's what our community is saying:

"Fabulous Resource - I love that you can set daily reminders to access the gym. It is very easy to use and the resources are short and realistic. It is great to have access to the gym whenever needed. It is also helpful to have the options there for additional help if needed."

"Daily Reset - With so much going on in life, this App supports me to have a mental and emotional reset whenever I need it. Love it for daily habit building too."

Know someone who could use it?
[Share the Mental Fitness Gym with a mate today.](#)





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.

gotcha4life.org

thementalfitnessgym.org

info@gotcha4life.org



**Manly Sea Eagles
vs Sydney Roosters
2ND AUGUST 2025**



13-14TH SEPTEMBER 2025
Sign up your team

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