



Students encouraged to lead their school's push for better mental health and apply for The Push-Up Challenge's 2026 Student Ambassador program

"I loved being able to advocate for youth mental health and that by starting this initiative, I got to engage in mindful conversation, encourage others to take steps to improve their mental health and improve my mental health in the process."
- 2025 Student Ambassador

MEDIA RELEASE: OCTOBER 2025: Australia's largest mental health and fitness event, [The Push-Up Challenge](https://thepushupchallenge.com.au), is calling on students passionate about mental health to apply for its 2026 Student Ambassador program.

Student Ambassadors will lead their school friends, teachers and school community in The Push-Up Challenge by cheering them on to get active, have fun and learn about mental health.

Students completing Year 10, 11 and Year 12 in 2026 anywhere in Australia can apply to be a Student Ambassador and make a difference to the mental health of their school community.

Mental Health Promotion Manager at The Push-Up Challenge, Amberlee Nicholas, says the Student Ambassador Program is one of the organisation's proudest achievements to date: *"It's inspiring to see students from across the country uniting their communities through fun and fitness. School groups remain some of our most passionate participants, wholeheartedly embracing the opportunity to learn about mental health while coming together to achieve a shared goal."*

Ambassadors benefit by developing skills to have conversations about mental health with confidence, learning more about mental wellbeing, and bringing their school community together to push for a good cause.

The program offers successful applicants Mental Health Awareness training facilitated by a clinical psychologist, practical strategies to boost their own mental fitness, exclusive merchandise, workshops and event resources to support mental health education at their school.

"Student Ambassadors who bring The Push-Up Challenge to their school help put mental health on the agenda, encouraging their peers to be proactive in caring for their wellbeing, reducing stigma and supporting those who may be experiencing difficulties to seek help," added Nicholas.

"This year we had over 750 Student Ambassadors from 450 schools lead over 40,000 students around the country in completing millions of push-ups. By instilling positive mental health attitudes and behaviours early in life, we can make a lasting difference to the mental health of young Australians. That's why we're excited to expand the Student Ambassador program even further in 2026, engaging more students, teachers and parents across the country to look after their mental health, strengthen connections and continue breaking down the stigma associated with mental illness," she concluded.

This year, 232,000 Australians took part in The Push-Up Challenge, collectively completing a staggering 328 million push-ups in 23 days and raising over \$12 million for mental health charities Lifeline, headspace and The Push For Better Foundation. In 2026 The Push-Up Challenge will take place in June and see participants complete a set number of push-ups across three weeks to raise awareness and funds for mental health charities.

To learn more about The Push-Up Challenge's 2026 Student Ambassador program and apply to take part, visit thepushupchallenge.com.au.

“It gave me the opportunity to promote mental health awareness in a fun, active, and meaningful way. It felt rewarding to be part of something bigger than myself, encouraging my peers to open up about mental health, support each other, and stay physically active at the same time.”

- 2025 Student Ambassador

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About The Push-Up Challenge

Founded by Nick Hudson in Perth, Australia in 2017, The Push-Up Challenge began as a challenge between four friends, and has grown to become one of the world's most successful international mental health and fitness events. 2026 will mark The Push-Up Challenge's third year in Canada and tenth year in Australia. The Challenge is a fun way for participants to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for mental health charities. The event is free to take part in and will run in Australia in June 2026. For more information visit www.thepushupchallenge.com.au

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