



## **Students encouraged to apply for The Push-Up Challenge's 2024 Student Ambassador program and lead their school's push for better mental health**

**MEDIA RELEASE: OCTOBER 2023:** Australia's largest mental health and fitness event, [The Push-Up Challenge](#), is calling on students passionate about mental health to apply for its 2024 Student Ambassador program.

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

Students completing Year 10, 11 and Year 12 in 2024 anywhere in Australia can apply to be a Student Ambassador and make a difference to the mental health of their school community.

They will be equipped with mental health awareness training, resources and leadership support to coordinate The Push-Up Challenge at their school.

Founder of The Push-Up Challenge, Nick Hudson, says the Student Ambassador program is one of the team's proudest achievements to date.

*"Watching students from around the country bring their communities together through fun and fitness is such a special thing. Students and school groups are some of our most passionate participants because they care wholeheartedly about learning about mental health and coming together to achieve a common goal,"* he commented.

Ambassadors benefit by gaining skills and experience in leading a community-based project, coordinating health promotion events and activities, and contributing to a good cause.

*"When we think about mental health, we often think of mental illness. The Student Ambassador program aims to help students positively reframe this perception by providing tools to increase their mental health knowledge and build confidence in encouraging conversations about mental health with their peers and community,"* said Hudson.

*"This year we had over 490 Student Ambassadors lead 18,276 students from around the country to complete millions of push-ups and raise nearly \$700,000 for mental health."*

*"We can't wait to engage even more students and their communities in 2024 through an even bigger Student Ambassador Program, helping students, teachers and parents Australia-wide look after their mental health, foster a sense of connection and ultimately reduce stigma associated with mental illness."*

The Push-Up Challenge will take place mid year in 2024, and will see participants complete 3,249 push-ups across three weeks to raise awareness and funds for mental health charities. 3,249 tragically represents the lives lost to suicide in Australia in 2022.

This year, 215,000 Australians took part in The Push-Up Challenge, collectively completing a staggering 315 million push-ups in 23 days and raising over \$14.7 million for mental health charities Lifeline, Movember and Push for Better Foundation.

To learn more about The Push-Up Challenge's Student Ambassador program and apply to take part, visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au).

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**IMAGES AND VISION** of schools participating in the Challenge [HERE](#).

**About The Push-Up Challenge**

Founded by Nick Hudson in Perth in 2017, The Push-Up Challenge (TPUC) began as a challenge between four friends and has grown to become Australia's largest mental health and fitness event, raising over \$40 million and engaging over 400,000 people since its inception. The Challenge asks individuals to complete 3,249 push-ups over three weeks, putting a spotlight on the number of lives lost to suicide in 2022. The mission: to support the health of participants through exercise and connection, raise mental health awareness and contribute to early intervention and prevention for depression, anxiety and suicide. Because one life lost is too many. TPUC is a fun way for Australians 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 runs in June each year. For more information and to register, visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

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