



Proudly supporting



## The Push-Up Challenge, Lifeline and Movember reunite to push for better mental health in 2023

**MEDIA RELEASE: SYDNEY, 6 MARCH, 2023:** Australia's largest fitness-based mental health event, [The Push-Up Challenge](#), today announces it will be partnering with two of Australia's most reputable mental health organisations, Lifeline and Movember, for its 2023 event.

It marks the second year all three charities will work together, strengthening their commitment to raising awareness about mental health issues and suicide in Australia.

*"We are proud to partner with and raise funds for both Lifeline and Movember for the second year in a row,"* said The Push-Up Challenge founder and CEO Nick Hudson.

*"With our focus on mental health education, Lifeline's 24-hour crisis support and suicide prevention services, and Movember's focus on prevention and early intervention, we'll be building on our work engaging Australians of all walks of life in a holistic conversation about mental health, and reducing the stigma associated with seeking help for mental health issues."*

The Push-Up Challenge will see thousands of Australians of all ages and ability learn daily mental health facts while they complete 3,144 push-ups over 23 days in June, putting a spotlight on the number of lives lost to suicide in Australia in 2021.

Colin Seery, Chief Executive, Lifeline Australia said, *"Lifeline has been there for more than 2.6M Australians over the past year, that's more people reaching out to us than ever before. Through funds raised from The-Push Up Challenge we've been able to answer over 168,000 requests for help from those in crisis. Our experience has shown us that it is through connection we can find hope. The Push-Up Challenge is a powerful initiative to bring communities together, drive awareness of mental health and encourage help seeking behaviour. We're proud to be back for a third year in 2023."*

The Push-Up Challenge 2022 event engaged over 153,000 Australians who completed 240 million push-ups in 24 days, raising over \$10 million for mental health. Since its inception, The Push-Up Challenge has inspired over 600 million push-ups and raised over \$26M for mental health.

*Rachel Carr, Movember APAC Country Director said, "We're proud to be partnering with The Push-Up Challenge for another incredible year. Honouring the 3,144 lives lost to suicide in Australia in 2021 and helping shine a light on the alarming prevalence of male suicide that continues to exist in Australia. Sadly, we lose more than 6 men to suicide every single day, with men accounting for approximately seventy-five per cent of all national suicides. It's so important for us to have these conversations, to push for better mental health, and to continue funding lifesaving prevention and early intervention programs."*

The Push-Up Challenge is free to join and kicks off on 1 June 2023. While fundraising is optional, it's a great opportunity for participants to raise funds for Lifeline, Movember or The Push For Better Foundation.

Australians are encouraged to rally their families, schools, businesses and communities and register their interest ahead of this year's event at [thepushupchallenge.com.au](https://thepushupchallenge.com.au).



Proudly supporting



**-ENDS-**

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

Founded by Nick Hudson in Perth in 2016, 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. The Challenge asks individuals to complete 3,144 push-ups over 23 days in June, to raise awareness about mental health. 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 Lifeline, Movember and The Push For Better Foundation. The event is free to take part in and runs from 1-23 June 2023. For more information and to register, visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

### **Media contact:**

Romina Favero, PR Director, The Push-Up Challenge

[romina@rominafavero.com](mailto:romina@rominafavero.com)

+61 425 865 057