



Students encouraged to apply for The Push-Up Challenge's 2023 Student Ambassador program and lead their school's push for better mental health

MEDIA RELEASE: NOVEMBER 2022: Australia's largest mental health and fitness event, [The Push-Up Challenge](https://www.thepushupchallenge.com.au), is calling on students passionate about mental health to apply for the Challenge's 2023 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 11 and Year 12 in 2023 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 122 Student Ambassadors lead their schools to collectively complete almost 7 million push-ups and raise over \$170,000 for mental health. We can't wait to engage even more students and their communities in 2023 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 from 1-23 June 2023, and will see participants complete 3,144 push-ups in the 23 days to raise awareness and funds for mental health charities. 3,144 tragically represents the lives lost to suicide in Australia in 2021.

This year, 153,000 Australians took part in The Push-Up Challenge, collectively completing a staggering 190 million push-ups in 24 days and raising over \$10.1 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.

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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 fitness-based mental health event. The Challenge asks individuals to complete 3,144 push-ups over 23 days in June, to raise awareness about mental health and suicide. 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 free event runs from 1-23 June 2023. For more information and to register, visit www.thepushupchallenge.com.au

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