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## 3,318 push-ups in 25 days for mental health: Are you up to the challenge, Bairnsdale?

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This June, headspace Bairnsdale is encouraging East Gippsland locals to push for better mental health by completing 3,318 push-ups in 25 days.

Free to register, the initiative encourages participants to take on 3,318 push-ups between 1-25 June, and spotlights the tragic number of lives lost to suicide in Australia in 2023, whilst raising vital funds for critical mental health support services.

One in 4 young Australians will experience a mental health issue, and 75% of these mental health disorders develop before the age of 25. By challenging locals to take part in The Push-Up Challenge, headspace Bairnsdale aims to shine a light on mental health and start a conversation about the role we can all play when it comes to suicide prevention.

Last year, over 98,000 young Australians accessed a headspace centre for help, and over 18,000 had experienced suicidal thoughts or behaviour. This reinforces the crucial role of services such as headspace as an entry point for young people and their families.

'The Push-Up Challenge is all about getting involved in physical and mental health in a fun and unique way. Each day, participants get down and push-up while learning about mental health, with the number of push-ups changing day to day to reflect a vital mental health statistic', said Nick Hudson, Founder of The Push-Up Challenge.

The event is for all ages and all abilities. Participants can aim for 25%, 50%, 75% or 100% of the daily push-up target, and you can mix it up with some sit-ups, squats, or tailored exercises.

Throughout the event, participants can fundraise for 2 of Australia's leading mental health organisations; headspace National Youth Mental Health Foundation or Lifeline, or for the charity which runs the event, The Push For Better Foundation.

headspace Bairnsdale is encouraging people of all ages, local businesses, gyms, clubs and schools in the area to join them in fundraising for better mental health outcomes for East Gippsland's young people.

headspace Bairnsdale Centre Manager, Hayley Davidson, said, 'While raising funds helps support the work we do, it also provides an opportunity for the community to join us in our mission to reduce stigma around mental health and provide young people with free support'.

You can register for The Push-Up Challenge as an individual, a team, or get your whole workplace, club, gym or school involved at <https://www.thepushupchallenge.com.au/beneficiary/headspace-Bairnsdale>

**-ENDS-**

## About The Push-Up Challenge

Founded by Nick Hudson in Perth in 2017, The Push-Up Challenge began as a challenge between 4 friends and has since grown to become Australia's biggest fitness-based mental health event. The Push-Up Challenge asks individuals to complete 3,318 push-ups over 25 days in June, to raise awareness about mental health. The Push-Up Challenge is a fun way for Australians to connect with one another, get fit, and learn about mental health and gives participants the opportunity to raise funds for the headspace National Youth Mental Health Foundation, Lifeline Australia or The Push For Better Foundation. The event is free to take part in and runs from 1-25 June. For more information and to register, visit [www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

## About headspace

headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12–25-year-olds. Each year, headspace helps thousands of young people access vital support through our headspace services in 132 communities across Australia<sup>[1]</sup>, our online and phone counselling services, our vocational services, and our presence in schools. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. For locations of headspace services, as well as factsheets and resources for young people and their families and friends, please visit the headspace website: [headspace.org.au](http://headspace.org.au)

<sup>[1]</sup> As at May 2021 and inclusive of licensed headspace centres, satellites and outposts.

headspace Bairnsdale is operated by Relationships Australia Victoria. All headspace services are funded by the Australian Government Department of Health and Aged Care. Administration of funding is carried out by the headspace centre's local Primary Health Network, in this case, Gippsland Primary Health Network. Visit [headspace.org.au/bairnsdale](http://headspace.org.au/bairnsdale) to learn more.

## Interviews and photo opportunities

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