



# Expressions of interest are **NOW OPEN** for Gotcha4Life's Mentally Fit Primary Schools program

**Limited 2026 places available for a fully funded, three-year partnership to build school-wide community wellbeing.**

Backed by Gotcha4Life's eight years of experience working in partnership with school communities across Australia, we work with you to create tailored action plans, with support from a dedicated Mental Fitness Educator every step of the way.

The program starts with professional learning for staff and includes practical tools for the classroom and at home – helping embed mental fitness into everyday school life for students, staff, and families. It complements existing wellbeing programs to build a more connected school culture through shared language and consistent habits.

Register in Term 3, 2025 for a program place in 2026.

**Places are limited and eligibility criteria apply.**

*The Mentally Fit Primary Schools program develops a language, a way of talking about mental fitness and having strategies of how to develop our mental fitness that is not overwhelming and that's positive. The teachers feel empowered to use the language and strategies with each other, and with the kids.*

- Principal, Nicholson Street Public School



**To check eligibility for a fully funded place,  
use the QR code to get in touch in Term 3.**

[gotcha4life.org](https://gotcha4life.org) | [schools@gotcha4life.org](mailto:schools@gotcha4life.org)

# The Gotcha4Life approach

At Gotcha4Life, we're building a mentally fit future, Australia wide. We believe in doing things differently to change the way mental health is approached in Australia. Our focus is on prevention, delivering practical programs, workshops, and resources that help people take action to build their mental fitness. Gotcha4Life is a health promotion charity.

## How the Mentally Fit Primary Schools program works:



Three-year partnership, with fully funded opportunities available



Tailored planning and support from a dedicated Mental Fitness Educator



Workshops and training for staff, students, and parents



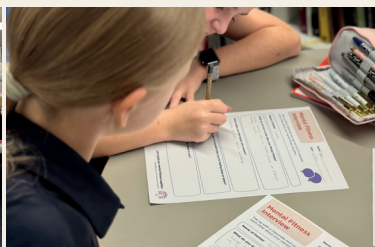
Curriculum-aligned classroom resources



Ongoing access to the free Mental Fitness Gym resource hub

*The facilitator was phenomenal.  
She just captured our audience.  
Teachers can be difficult to engage.  
I could look around and see the staff  
were very engaged anytime the  
Gotcha4Life team came out here*

- Assistant Principal,  
York Public School



## Outcomes of our primary school programs:

**100%** of staff agreed their mental health awareness in the education setting had increased

**100%** of staff felt inspired to implement mental fitness strategies in their classrooms

**93%** of parents strongly agreed/agreed they were motivated to support their child's mental fitness at home.

*Even though we're not best mates, you're still in my village, and it's my job to look out for you and make sure you're okay.*

- Student



**GOTCHA4LIFE**  
**MENTALLY FIT**  
**SCHOOLS**