

swim for life

2025

1st Oct – 14th Nov

About Swim For Life Virtual Challenge

Swim for Life is a virtual challenge where members can track their laps swam over 6 weeks to win club prizes. The challenge also provides the option for participants to fundraise for registered charity MensTalk to help fund men's mental health initiatives.

Participants log their laps over the four weeks via the MensTalk platform which will populate a live ladder of Masters Clubs that have swam the furthest and those that have fundraised the most. Prizes are available for clubs.

How to Participate

Participants can then register on the MensTalk platform using their club code which they can select from the list. If you have second club claim, please select your first club that you are registered to. Once you have signed up, you then will be able to log your laps that will automatically contribute to the club ladder.

Participants can also fundraise via the platform if they wish, it is not compulsory and there is not cost or fundraising obligation to participate.

Where does the Fundraising go?

Swim for Life raises vital funds to support men's mental health initiatives in the Perth community. These programs include:

- Drop-in support services for men
- One-on-one mentoring
- Free workshops
- Men's support groups
- Targeted programs for young boys
- Advocacy for better mental health outcomes

Thanks to Swim for Life, MensTalk can continue providing these essential services at no cost and expand the reach, ensuring more men receive the support they need.

Why MensTalk and Mental Health?

Suicide is the leading cause of death for men aged 15 – 44 in Australia.

- 1 in 5 men will experience anxiety.
- 1 in 7 men will experience depression.
- 9 Australians die by suicide every day, and 7 of them are men.
- 1 in 4 men say they would never speak to anyone about their mental health.

MensTalk are Providing:

4 x \$500 prizes for the clubs with the highest distance swum, most money raised in total as well as those divided by average membership numbers, so smaller clubs have a chance too.

They will also be offering FREE Mental Health First Aid Courses, a value of \$300 to all participants.



**masters
swimming**
WESTERN
AUSTRALIA

**mens
talk**