

MEDIA RELEASE

Community Rallies for Mental Health at Coolangatta FC ‘Stand Together’ Round

LifeChanger and Coolangatta FC unite to tackle youth mental health through sport and community connection

LifeChanger Foundation is teaming up with the Coolangatta Football Club for a powerful community event on Saturday 26 July at Len Peak Oval, Coolangatta. The “Stand Together” Mental Health Round, themed “*Bring a Mate for Mental Health*”, is more than a day of football - it’s a show of solidarity in support of mental health awareness and early intervention.

Designed to spark conversation and encourage people to look out for one another, the event will see players, families, supporters, local leaders and LifeChanger ambassadors gather to highlight the growing mental health challenges facing young Australians, particularly young men. With community sport playing such an important role in connection and wellbeing, this round serves as a timely reminder that mateship can be life-changing.

The need has never been greater. In the past year, approximately 22% of Australians aged 16-85 experienced a mental disorder, with anxiety disorders being the most prevalent, affecting 17% of the population. Among young people aged 16-24, the situation is particularly concerning, as 39% reported experiencing a mental disorder in the previous 12 months. Notably, the prevalence among young females increased from 30% in 2007 to 46% in 2020-2022, while among young males, it rose from 23% to 32% over the same period.¹ Despite this, only a small proportion of people seek professional help, with stigma, cost and accessibility remaining major barriers.

“We know the power of community sport in connecting people, and this round is about turning that connection into meaningful support,” said Scott Watters, CEO and Founder of LifeChanger. “By creating safe spaces where people can talk, listen, and check in on their mates, we’re helping to break down stigma and build a more resilient community.”

The day will feature women’s, reserves and seniors football matches, kicking off from 9:30am, alongside family-friendly entertainment, exciting giveaways, appearances by AFL and sporting ambassadors, and a half-time long-kick competition with prizes to be won.

LifeChanger’s work focuses on building strong foundations for young people through early intervention and preventative mental health programs that support self-esteem, connection, and purpose. Events like the Stand Together Round reinforce these goals and provide a safe, inclusive platform for positive conversations.

Everyone is encouraged to bring a mate, wear their club colours with pride, and be part of a united community effort to support mental health.

For more information about LifeChanger or to get involved, visit: www.lifechanger.org.au

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MEDIA CONTACTS:

¹ <https://www.aihw.gov.au/mental-health/overview/prevalence-and-impact-of-mental-illness?>

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NOTES TO EDITORS:

Available for interview from 22 July to 26 July at event:

Scott Watters, CEO and Founder of LifeChanger and former AFL coach and player
Pearce Hanley, Coach, Coolangatta Football Club and former Brisbane Lions player

Available for photo opportunities at event on 26 July:

Scott Watters
Pearce Handley
Shane Crawford - former AFL player and Brownlow Medallist

High-res images available: [HERE](#)

About Lifechanger

LifeChanger Foundation is a preventative youth mental health and wellbeing non-profit that empowers young people to thrive by developing their social, emotional and resilience skills for life. LifeChanger is at the forefront of mental health prevention, supporting young people with critical foundation skills and tools they need to successfully navigate life, overcome challenges and pursue their unlimited potential. In 2024 alone, LifeChanger positively impacted more than 140,000 young people across 600+ schools in Australia and New Zealand. This was achieved through practical, evidence-based workshops, digital resources for educators, and a scalable delivery model that trains and engages community mentors to support the program. Visit <https://www.lifechanger.org.au/>