



CAMP IMPACT REPORT

Heroes of 2023





Camp Hero LEADERSHIP

Camp Hero LEADERSHIP is the only program designed to upskill young people into becoming mental health leaders in Australia!

It's a unique education and leadership development program designed for students 15-18 years old who share a passion for mental health and a desire to make a difference in their community. Young people are educated on understanding mental health and wellbeing, and are provided with the skills necessary to support themselves and their peers.

What's Included In The 12 Week Program:



**5 DAYS/4 NIGHTS
AT CAMP**



**POST CAMP
FOLLOW UPS
& SUPPORT**



**STUDENT
REUNION**

Key things covered:



SELF-AWARENESS



**MENTAL
HEALTH**



**PHYSICAL
HEALTH**



RESILIENCE



**COMMUNITY
IMPACT**



**SUICIDE
ALERTNESS &
PREVENTION**

Empowering Heroic Suicide Alert Helpers

As part of the Camp Hero LEADERSHIP program, each young person receives an accreditation in the nationally recognised suicide alertness seminar safeTALK, to learn practical skills on how to support someone who may be thinking about taking their own life.

“Camp Hero allowed me to explore my impact and capabilities as a leader, which I discovered through all of the incredible challenges throughout the week.”



2023 Program Highlights



To measure the outcome of our Camp Hero programs, quantitative and qualitative data is collated using pre and post camp surveys and student stories. The seven Camp Hero programs conducted in 2023 were evaluated with 100% of students completing the evaluation.

● = Attendee's School Locations



7 CAMP HERO PROGRAMS



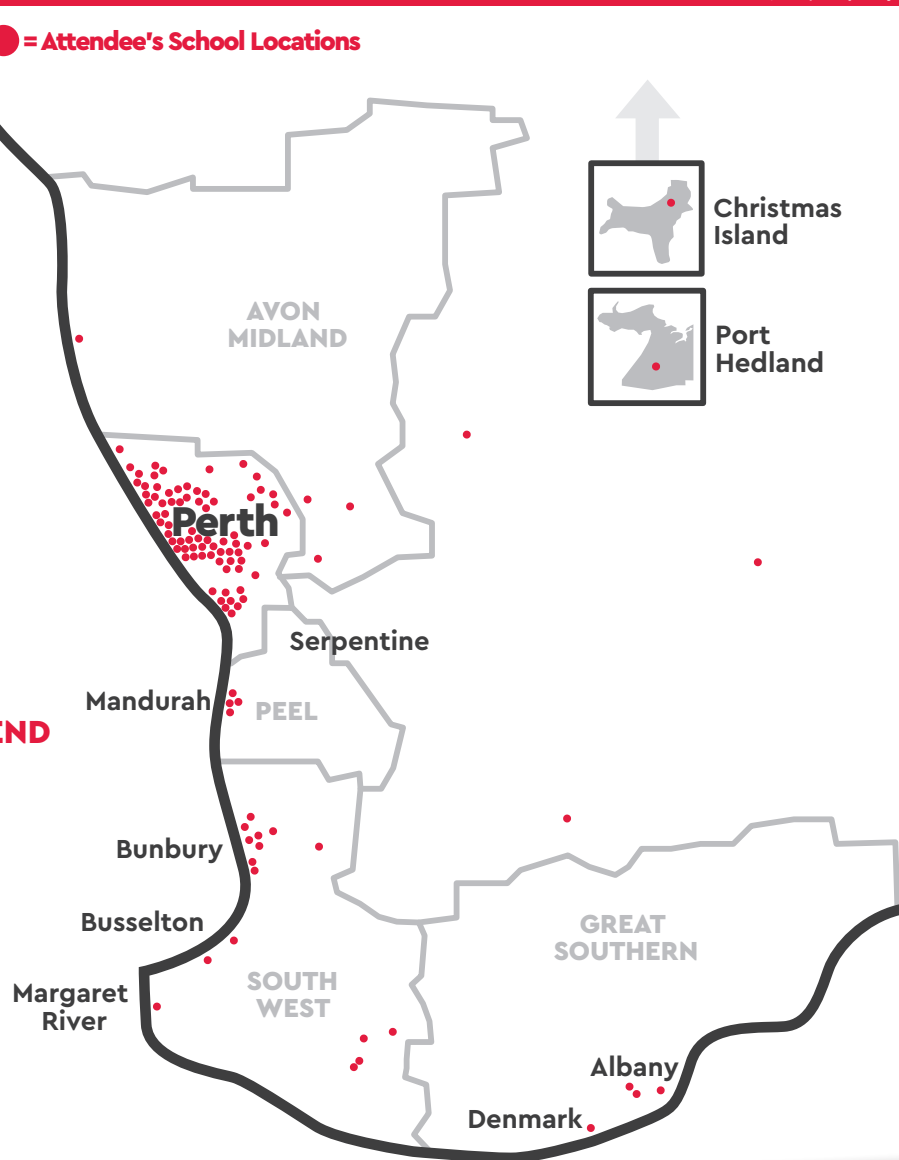
**IMPACTED
250 STUDENTS
108 SCHOOLS**



**250 MENTAL HEALTH
AMBASSADORS & SUICIDE
ALERTNESS HELPERS**



**100% OF YOUNG
PEOPLE WOULD RECOMMEND
CAMP HERO LEADERSHIP
TO A FRIEND**



What Is Being Measured?

Knowledge regarding:

- Anxiety and depression
- Recognising the warning signs of suicide
- Ability to support someone experiencing mental illness
- Ability to manage personal mental health
- Availability of mental health services



Student's knowledge levels increased from **58% to 83%** ↗

Confidence relating to:

- Relationships with friends
- Relationships with parents
- Self-Expression
- Leadership
- Self-Awareness



Student's confidence levels increased from **67% to 83%** ↗



Measuring Leadership & Influence Potential

88% of students agree that Camp Hero will increase their influence within the family

93% of students agree that Camp Hero will increase their influence within school

83% of students agree that Camp Hero will increase their ability to communicate with their parents

98.5% of students agree that Camp Hero will increase their ability to communicate with friends

83% of students agree that Camp Hero will improve their relationship with parents

96% of students agree that Camp Hero will improve their relationship with friends

