



CAMP IMPACT REPORT

Heroes of 2021





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 was an empowering experience that has encouraged my personal confidence and given me the skills to substantially better my mental health as well as the mental health of my peers and my community.”



2021 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. All six 2021 programs were evaluated, with 100% of students completing the evaluation.



6 CAMP HERO PROGRAMS DELIVERED



IMPACTED 227 STUDENTS FROM 80 SCHOOLS

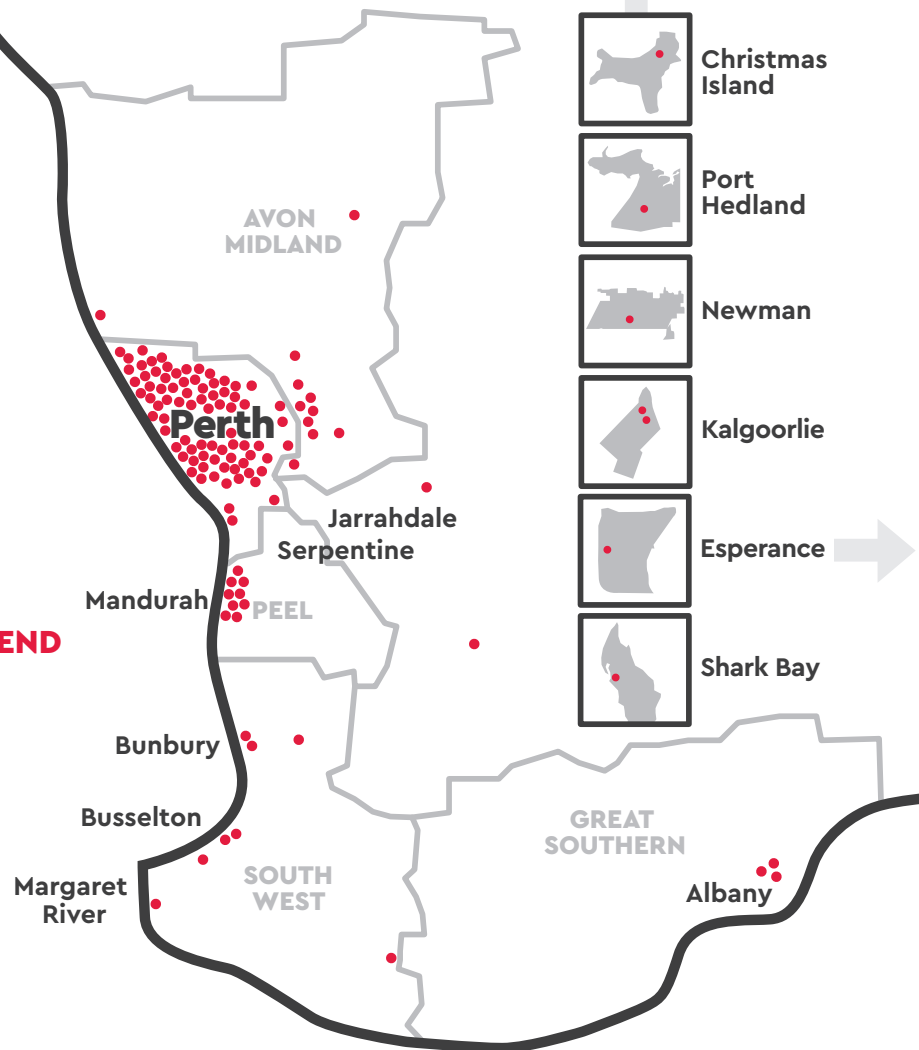


227 MENTAL HEALTH AMBASSADORS & SUICIDE ALERTNESS HELPERS



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

● = Attendee's School Locations



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
56% to 88% ↗



Confidence relating to:

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

Student's confidence levels increased from
64% to 85% ↗



Measuring Leadership & Influence Potential

91% of students agree that Camp Hero will increase their influence within the family

97% of students agree that Camp Hero will increase their influence within school

85% of students agree that Camp Hero will increase their ability to communicate with their parents

85% of students agree that Camp Hero will increase their ability to communicate with friends

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

97% of students agree that Camp Hero will improve their relationship with friends

