



zero2hero[®] INVITES YOU TO

IN YOUR HEAD 2019

WA's Annual Youth Mental Health Forum for Young People



IN YOUR HEAD'S 2019 KEYNOTE SPEAKERS



Heath Black

FORMER PROFESSIONAL AFL PLAYER & MENTAL HEALTH AMBASSADOR



Alyssa Azar

YOUNGEST AUSTRALIAN TO SUMMIT MT EVEREST



Kai Lovel

CAMP HERO ALUMNI, ENTREPRENEUR & BROADCASTER



Dr. Marny Lishman

PSYCHOLOGIST, CHANNEL 9 PERTH'S RESIDENT PSYCHOLOGIST & COLUMNIST FOR PERTH NOW / THE SUNDAY TIMES



Nic Emmerson

SELF PUBLISHED AUTHOR & INSPIRATIONAL SPEAKER

A SAMPLE OF BREAKOUT SESSIONS:

- Beyoncé Dance Class
- Nutrition & Mental Health
- Social Media & Self Care
- Urban Yoga & Mindfulness
- LGBTIQ+
- Sport & Mental Health



WHAT IS IN YOUR HEAD?

Join hundreds of students and teachers at WA's only Mental Health Forum for Young People! 'In Your Head' features keynote presentations and breakout sessions that provide young people and teachers with a greater understanding of adolescent mental health and practical skills to support their wellbeing.

WHAT TO EXPECT

- Keynote presentations with mental health leaders
- Appearances from professional athletes
- A variety of workshops to choose from
- Sample different ways of maintaining good mental health
- Stress management activities

WHO IS IT FOR?
STUDENTS & TEACHERS.
A SCHOOL EXCURSION LIKE NO OTHER!

EVENT DETAILS

DATE: Thursday 5th September 2019

TIME: 8.00am registration
9.00am start
2.30pm conclusion

VENUE: Perth Concert Hall,
St Georges Terrace Perth

COST: Students from \$35
Teachers/Adults from \$15
Groups from \$350 (admit 11 guests)

Early bird prices end Monday 29th July so book your tickets today!

HOW TO BOOK

You can book your tickets at
www.zero2hero.com.au

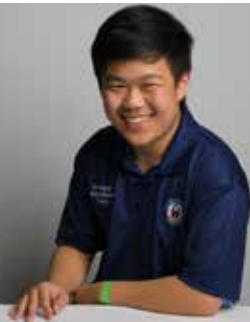
or

contact events@zero2hero.com.au
for a School Booking Form.



**97% OF ATTENDEES SAID THEY LEARNT
SOMETHING NEW ABOUT MENTAL
HEALTH AND SELF-CARE AT 2018'S
'IN YOUR HEAD'**

FOR MORE INFO GO TO WWW.ZERO2HERO.COM.AU/IN-YOUR-HEAD/



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