



## ABOUT US

We envision a world where every child and young person is educated and empowered to effectively deal with mental health issues, and mental illness is dealt with openly and treated as a normal part of everyday life.

## THE STATS

**33%**

of young people will have an episode of mental ill health by the time they are 25

**25%**

of young people experience a mental health problem in any year

**47%**

of Australians will experience a mental health problem at some stage in their life

**75%**

of mental illness is formed before the age of 25

**Suicide is the leading cause of death for Australians under the age of 44. On average, we lose one young Western Australian to suicide a week.**

We have made it our mission to prevent that. At the age of 20, our CEO Ashlee Harrison lost her step-father to suicide, and was compelled to create zero2hero.

Founded in 2009, our focus was on suicide prevention. Upon noticing a gap in education before the point of crisis, we began facilitating educational programs for young people in 2012.

Our research has found that over 90% of children seek support from a friend first when they are in need, which is why we have developed programs to empower our youth to know how to effectively manage their own mental health, and be able to support a friend if needed.



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## PARTNERSHIP OPPORTUNITIES



### CAMP HERO

Our 5-day youth leadership training camp, with the vision of equipping young people to become mental health leaders and ambassadors in their community.

### HERO HIGH

Our schools program, delivering a range of innovative and creative workshops on mental health and leadership.

### ZERO2HERO DAY

An annual event that provides young people with a space to communicate about mental health and reach out for support if it's needed.

### EVENTS & FUNDRAISERS

Adventure-based fundraising through to corporate lunches and balls. An opportunity for the everyday heroes among us to get involved.

### OUR IMPACT

Our programs now reach over

**80**  
schools across WA

**80,000**  
young people

**300**  
young people have been  
trained in SafeTALK\*

\*SafeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. zero2hero now has 2 in-house accredited facilitators to lead the SafeTALK program.

Camp Hero participants have reported a **significant increase in their ability to support a friend post-camp and in their understanding of mental health**, including in the areas of: anxiety, depression, suicide, eating disorders, and available mental health services.

We provide Camp Hero free to students across our State, who self-nominate to attend based on their commitment to empowering mentally healthy communities. It costs \$600 to train one student in mental health and suicide prevention skills through the Camp Hero program. Sponsorship opportunities are available. Our programs cover a range of topics, including:

Mental health | Resilience | Communication | Leadership  
Self-awareness | Teamwork | Overall wellbeing | Physical health

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