

FOR IMMEDIATE RELEASE

78 Students from across WA are returning to school trained to prevent suicide.

In 2017, suicide remained the leading cause of death of children between 5 and 17 years of age, with 98 deaths occurring in this age group.

zero2hero aims to prevent this tragic rate by empowering young people with the skills required to improve mental wellbeing and prevent suicide within their own school and community. We achieve this through one of our mental health programs; Camp Hero.

During the school holidays, two groups of young heroes completed a five-day intensive mental health leadership program called Camp Hero. The five-day residency is aimed at young leaders from Year nine to twelve (15-18 years old) and focuses on five key themes of self-awareness, physical health, mental health, personal challenges and community impact.

Group 1 – 40 students (5th – 9th April)

Group 2 – 38 students (12th – 16th April)

Students were selected from more than 125 applications based on their current leadership roles and desire to become a mental health ambassador in their school. They represented 51 schools from across Western Australia and comprised of 41 female and 37 male participants.

Upon completion of the program, participants return to their communities prepared to creating positive change, reduce stigma associated with mental illness and help identify behaviours that will ultimately minimise suicide and self-harm among young people in their community. Each student completes a suicide prevention and alertness accreditation within the Camp Hero program.

zero2hero CEO; Ashlee Harrison said “Camp Hero MHL is a five-day youth leadership training camp that brings together students, mentors, and experts to equip young people with the skills they need to become mental health leaders and ambassadors when they return to their communities”. She continued “We surveyed thousands of students and found that nearly 90 per cent of them were speaking to a friend first, when they had a problem or issue. When a young person is dealing with a mental illness, accessing the right mental health support can be the difference between life and death. Our Camp Hero program was created to have young leaders and peer supporters access those young people that are struggling and not accessing the right help”.

Students that have completed the program comment that the Camp Hero program is truly life changing and 100 per cent of participants increase their knowledge of mental health and mental illness within the Camp Hero program.

These 78 students join an alumni of more than 750 students from across Western Australia now trained to prevent suicide and support their peers.

END

For further information, please contact:

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April CAMP HERO STUDENT LIST:

Group 1 - 5th - 9th April 2021		Group 2 - 12th - 16th April	
Student	School	Student	School
Abbey	Kearnan College	Alyssa	Seton Catholic College
Angus	Christ Church Grammar School	Amica	St Mary's College
Ashley	Mount Lawley Senior High School	Amir	Canning Vale College
Ben	Mazenod College	Angus	Christ Church Grammar School
Bethany	Mundaring Christian College	Anthony	Beverley District High School
Brooke	Thornlie Senior High School	Belle	Woodvale Secondary College
Caitlin	John Curtin College of the Arts	Bevan	Canning Vale College
Charlie	Mount Lawley Senior High School	Bobbie	Beverley. District. High. School
Chloe	Northam senior high school	Charisse	Hedland Senior High School
Cody	Swan Christian College	Dominic	Kalamunda Senior High School
Elizabeth	Methodist Ladies' College	Ebony	Collie Senior High School
Ella	Halls head college	Erin	Wongan hills district high school
Emily	John Septimus Roe	Harrison	Carine Senior Highschool
Genevieve	Mundaring Christian College	Haylee	St Brigid's Colledge
Grace	John XXIII College	Jackson	Mazenod College
Hannah	Kalamunda Senior High School	Jennifer	Shark Bay School
Hoang	Perth Modern School	Jerone	Willetton Senior High School
Holly	Hampton Senior High School	Joseph	Lake Joondalup Baptist College
Izaac	Mandurah Catholic College	Katana	Manea Senior College
Jack	Mount Lawley Senior High School	Kayla	John Paul College Kalgoorlie
Jake	Cape Naturaliste college	Khushal	Perth Modern School
James	Mazenod	Lewis	Applecross Senior High School
Jenn	Mazenod College Perth	Lochee	Christ Church Grammar School
Kiara	Mount Lawley Senior High School	Lucy	churchlands senior high school
Kota	Kelmscott Senior High School	Mark	Fremantle College
Kurtis	Aquinas College	Myles	Willetton Senior High School
Lachlan	Kelmscott senior high school	Nicole	Shark Bay School
Leighton	Swan Christian College	Nicole	Kelmscott Senior High School

Maddison	St Joseph's College Albany	Owen	Eastern Hills Senior High School
Matilda Ophelia	St Hilda's Anglican School for Girls	Rachel	St Brigids College
Matthew	Christ Church Grammar School	Reuben	CCGS
Nicholas	Christ Church Grammar School	Sarah	Busselton Senior High School
Renaë	La Salle College	Skye	St Josephs School Nottham
Ruby	Iona Presentation College	Tamara	Carine Senior High School
Sienna	Hampton Senior High School	Thomas	Great Southern Grammar
Skye	Penrhos College	Tom	Christ Church Grammar School
Tabitha	John Curtin College of the Arts	WADE	SEDA College
teagan	Thornlie senior high school	Zara	St Mary's Anglican Girls' School
Tommy	John Forrest Secondary College		
Ty	woodvale secondary college		

About zero2hero:

Founded in 2009, zero2hero is a Perth-based not-for-profit organisation committed to the prevention of suicide. Our vision is that every child and young person is educated and empowered to effectively deal with mental health issues. We provide school-based programs for children and young people that develops their understanding of mental health issues and awareness of mental health services.

Our CEO Ashlee Harrison was recently awarded the Western Australian of the Year – Youth Award.

For more information, please visit our website: zero2hero.com.au or Facebook: www.facebook.com/zero2heroAU