



CAMP IMPACT REPORT

Heroes of 2025





Camp Hero LEADERSHIP

Camp Hero LEADERSHIP is a youth leadership program that empowers young people aged 15 – 18 to become confident mental health leaders in their schools and communities.

Through adventure, team challenges, meaningful conversations and workshops, participants build resilience, self-confidence and practical leadership skills and leave equipped to look after their own mental health, support their mates and create positive change for the people around them.

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 invoked an abundance of new emotions, epiphanies and challenges that otherwise would remain unknown to me. The camp has, and will, provide a gateway into self-discovery and mental health advocacy which I am extremely grateful for.”



2025 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 six Camp Hero LEADERSHIP programs conducted in 2025 were evaluated with 100% of students completing the evaluation.



6 CAMP HERO LEADERSHIP PROGRAMS



**IMPACTED
214 STUDENTS
86 SCHOOLS**

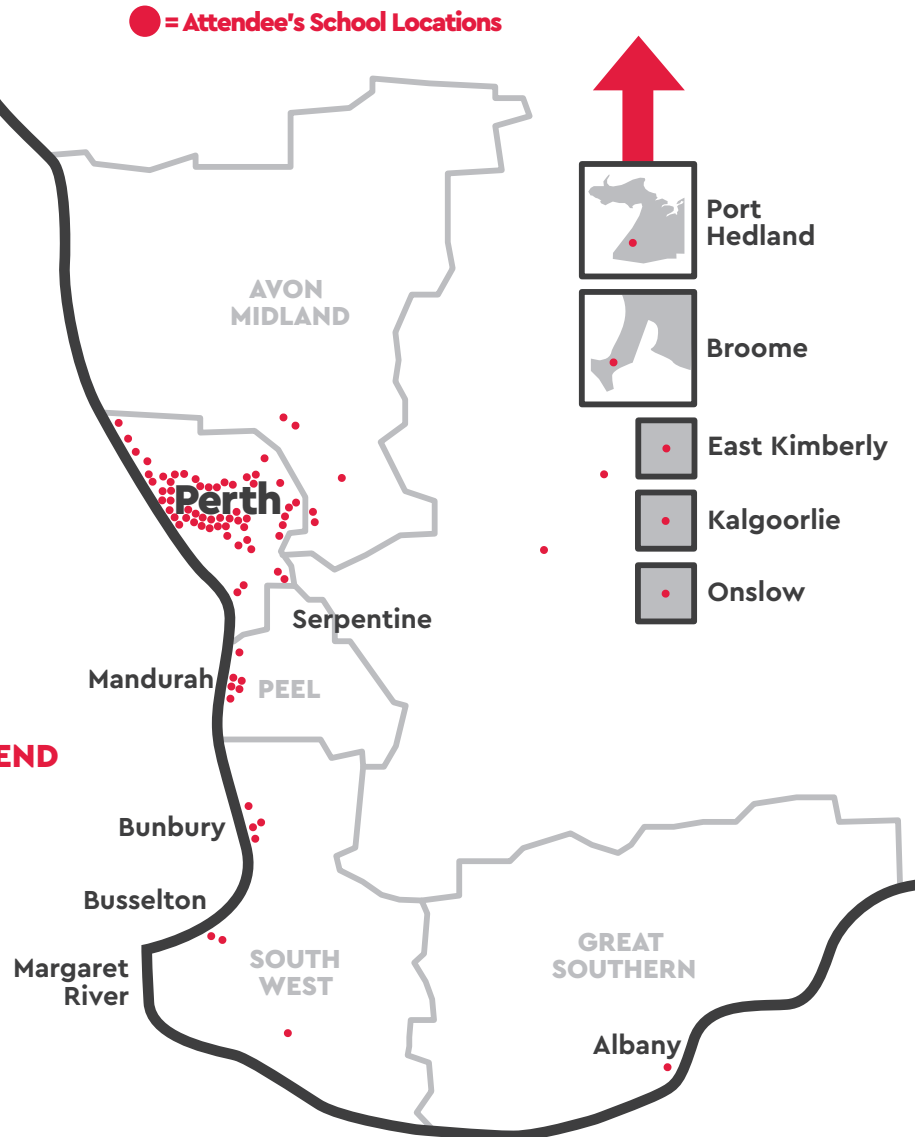


**214 MENTAL HEALTH
AMBASSADORS & SUICIDE
ALERTNESS HELPERS**



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

Geraldton • ● = 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 **62% to 85%** ↗

Confidence relating to:

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



Student's confidence levels increased from **69% to 82%** ↗



Measuring Leadership & Influence Potential

83% of students agree that Camp Hero will increase their influence within the family

92% of students agree that Camp Hero will increase their influence within school

80% of students agree that Camp Hero will increase their ability to communicate with their parents

97.5% of students agree that Camp Hero will increase their ability to communicate with friends

76% of students agree that Camp Hero will improve their relationship with parents

95% of students agree that Camp Hero will improve their relationship with friends

