



2025 IMPACT REPORT: CAREERS EXPO



From Careers Expo 2025



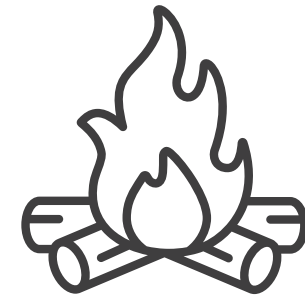
24
Schools

that attended Careers Expo
had students apply for April
Camp Hero



Connected with
3,000+
young people

via the zero2hero stand



Received
70
April Camp Hero
Applications

From schools that attended
Careers Expo 2025

zero2hero[!]



An insight into youth mental health

Of the 70 applications we received from students (ages 12-18) that were from Careers Expo 2025 schools:

37% Flagged currently experiencing or previously experienced mental illness, self-harm or suicide ideation

45% Flagged experience with people who have dealt with / dealing with mental illness

An insight into youth mental health

Insight from the 70 applications we received from students that were from Careers Expo 2025 schools:

“I get very anxious and upset in certain situations and really let things get to me and have troubles with friendships”

13 year old

“One of my friends used to have really bad mental health and hurt herself and I tried to stop her as much as I could until she stopped.”

16 year old

“I have met people who have and are dealing with a mental illness. I would like to learn more about it so that I can assist with my friends and those who may be suffering, as I currently don't know much about it.”

17 year old

“I began struggling with mental health approximately 5 years ago and have been diagnosed with depression and generalised anxiety”

17 year old

Camp Hero Students

The connection to young people at Careers Expo plays an integral role in our ability to grow our reach and impact at zero2hero.

From the 70 applications we received following Careers Expo 2025, approximately 30 students went on to graduate our Camp Hero program - empowered as mental health leaders for themselves, their peers and their school community.

“I learnt that I can be my true self and do things that I didn’t think I could do. My biggest takeaway from camp was learning how to better help others.”

Student from Careers Expo attending school following Camp Hero in April.

