

## IN YOUR HEAD 2026 YOUTH MENTAL HEALTH FORUM

Tuesday 18<sup>th</sup> August 2026 8.00am - 2.30pm (9.00am start)

Perth Convention & Exhibition Centre - 21 Mounts Bay Road, Perth



### FREQUENTLY ASKED QUESTIONS

**Registrations open at 8am.**

**SCHOOL BOOKINGS:** Please send one representative per school to the registration desk to collect your wristbands for your group. The tickets will be under the name of the school.

Arrival

**INDIVIDUALS:** Please collect your own wristband/s from the registration desk. They will be under your name, or, if you have been issued an e-ticket, please present this at the registration desk to receive your wristband/s.

The wristbands are your ticket to the event and must be worn to collect a tote bag, access the main theatre and any breakout sessions.

Once your wristbands have been collected, you/your students can collect their In Your Head tote bag from the collection point by showing their wristband. One bag per wristband will be distributed.

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We have been advised by PCEC that school bags are not permitted in the Theatre due to emergency evacuation protocol.

School Bags

There will be two rooms located opposite the Theatre entry doors for bags to be stored during the event. These rooms will be locked at 9.10am and opened again at 2.15pm. Access to the room will not be permitted during this time.

Upon registration, students will be able to collect an In Your Head tote bag – these will be allowed into the Theatre. If students are bringing large school bags, we suggest they decant their lunch and water bottle into the IYH tote bag and keep this with them for the day. Please ensure your students have stored any large school bags in the storage rooms prior to entering the Theatre.

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During In Your Head, the following topics may be discussed: mental health, mental illness and suicide. This can be triggering for some people, if at any time you feel uncomfortable and want to leave the auditorium or breakout session that is fine.

### Care for Students

A psychologist and zero2hero representatives with mental health training will be available to provide mental health support for the duration of the event. These people will be identified at the start of the day.

If anything heard at the event has caused anyone some stress, please reach to a zero2hero representative and we will support you.

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Students may want to bring a change of clothes if they plan on choosing a physical activity (yoga or dance) for one or both breakout sessions.

### Clothing

If you are choosing yoga or dance class for your breakout session, please wear appropriate clothing (shorts or pants required).

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### Food

There will be a short morning tea break and 30 min lunch break. No food is being provided at the event (self-cater). There will be limited retail options for food purchases in the Elizabeth Quay bus station.

To avoid queues during morning tea and lunch breaks, we strongly suggest students, teachers and parents bring their own food for the day.

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### Photos/Videos

There will be an event photographer capturing the event on the day. Please let them know on the day if you do not wish to be in a photo/video.

Private recording of presentations at the event are not permitted.

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The closest train and bus station to Perth Convention & Exhibition Centre is Elizabeth Quay.

### Transport

Please note there is NO bus parking at the Perth Convention & Exhibition Centre. PCEC also has a maximum limit of five buses to be on the plaza (drop off zone) at any one time.

zero2hero volunteers will be located at the PCEC bus drop off point to direct you to the event area.

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### Water

Please bring your own water supplies.

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### Breakout Sessions

You will get to choose several breakout sessions on the day of the event. Please note that once a session is full, you will need to select an alternative session.

The event program will be emailed the week prior to the event with information about each breakout session so students can start to plan their experience.

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### Mobile Phones

The event may feature some optional interactivity that will require mobile phones. This is not a requirement for attending and participating in the event, however any mobile phone use will be the responsibility of the mobile phone owner and zero2hero accepts no responsibility for any loss or damages to personal mobile phones used at the event.

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### PCEC School Resources Pack

For venue-specific information on emergency procedures, where to enter and event insurance that applies when attending an event, a copy of the PCEC School Resources Pack has been provided with these FAQ's and can also be requested via the PCEC website: <https://www.pcec.com.au/visitors/schools/>

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