



SIT DOWN *with sam!*

PODCAST

A lot of people ask me why I'm involved in a foundation around mental health. My answer is simple, because of my brother Zachary. The life that he lived helping others empowers me everyday to spread the message about how important mental health is. No one should live with the weight that anxiety and depression puts upon you. It's our mission at Z-Cares to show people it's okay not to be okay. I am beyond proud and passionate to help break the stigma around mental health. Mental health is beyond important to our overall well being and not enough people believe this yet.

xo, Sam

REAL PEOPLE



Sit Down with Sam was created to introduce real people who struggle with real mental health challenges. Every guest has a powerful story to share. Their strength to be open and vulnerable is inspiring and lets the audience know they are not alone.

REAL STORIES



Validation that mental health challenges are real help the audience seek help. Mental Health Professionals can provide our audience with Real information and Real paths to treatment. Sit Down with Sam brings renowned leaders in Psychology and Medicine to share their expertise.

REAL HOPE



Youth who struggle with mental health can often feel alone. Sit Down with Sam offers the ability to connect with the guests who they may see in themselves. The final message is always, the story was real, the challenge was real and Hope is possible.

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