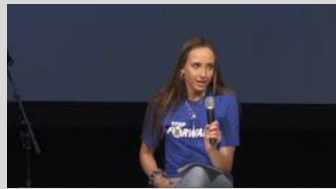




Talking with real people about mental health

**REAL** stories  
**REAL** challenges  
real **HOPE**



SIT DOWN

*with 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 Challenges...

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.



**Sam Nimmo,**  
Creator/Host,  
Sit Down with Sam

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 simply 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.



**Meet Sam**

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## Mental Health Crisis. Stories of Hope.

Sam Nimmo is dedicated to changing the numbers. Normalizing the conversation about mental health is a big step forward. “If someone watching is inspired to seek help or talk about their mental health, it’s a win” says Sam.

***“Please tell us everytime a new Sit Down with Sam Videos is available. Our kids need this...”***

- Post on Facebook

**Anxiety disorders** are the most common mental health disorders of childhood and adolescents

- Child Mind Institute

All teens have anxiety. An anxiety disorder is one that **interferes with their lives**

- Mental Health First Aid USA

**Untreated** children are less likely to perform well in school and more likely to engage in substance abuse

- National Institute of Mental Health

Nearly **1 in 3 adolescents (31.9%)** will meet criteria for an anxiety disorder by the age of 18

- Child Mind Institute

Only **36.9%** of those suffering will seek treatment

- Anxiety and Depression Association of America



**Stigma...** Stigma can lead to discrimination. Discrimination can be negative remarks or more subtle. Stigma prevents adolescents from seeking help or talking about it.

**‘Stigma is Stupid...’** Support others and your own mental health as easily as physical health.



# SIT DOWN *with sam!*

## The Inspiration.



Zachary Nimmo is the inspiration behind Sit Down with Sam. He had a zest for life. Zachary was known by his friends as a 'Hybrid'; He was an athlete, excelling in lacrosse and soccer and he was a self proclaimed 'geek', loving fishing, gaming and comics. Zachary was always an inspiration to Sam. He was the younger brother, but his caring nature made him the type of person who inspired others. He was there the day Sam chose her college and ultimately her major of psychology. Sam and Zachary spent almost 15 years as best friends, doing almost everything together. The ability to continue his work in helping others has made Sit Down with Sam so meaningful to Sam and she looks to share this with the world.



SIT DOWN

*with sam!*

## Information

### Z-Cares Foundation

Sit Down with Sam is part of original content created by Z-Cares Foundation.

The Z-Cares Foundation mission is to create pro-active communities who; 1) enable teens who suffer from anxiety to reach out for help and resources and 2) enable community members to reach in with resources and support. Z-Cares strives to end the stigma associated with mental health while creating a shared understanding among teens and adults it is 'ok to not be ok.'

Z-Cares will accomplish this mission through targeted programs and events aimed to encourage continued meaningful conversations about mental health within the communities we serve.

### Quick Links

[Promo](#) 0:30

[Meet Sam](#) 3:34

[Introduction to Sit Down with Sam!](#) 3:25

[Theresa Sherry - Tenacity Project](#) 15:42

[Dr. Mark Reinecke - Child Mind Institute](#) 12:11

[Dr. Liza - NYC Hospital](#) 32:02

[Cathy's Journey](#) 5:59

[LIVE with Youth Leader Daniel](#) 13:11

< [more episodes](#) >

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