

# Stories of Hope™

S H O R T S



## STORIES OF HOPE: SHORTS

Stories of Hope: SHORTS is an inspirational short story and conversation series. These short stories feature real youth sharing real stories of how they found their pathway to hope despite their struggles. These stories include a short glimpse into their inspiring story. Each story concludes with a youth guided discussion allowing audiences to talk about it.

Z-Cares is honored to showcase young individuals grappling with their mental health, transforming their path from despair to discovering a route to hope. These films portray their narratives.

## NOW PLAYING

Open discussions about youth mental health can foster supportive communities, where young people feel comfortable sharing their experiences and seeking help from friends, family, teachers, and professionals.

Having a conversation about mental health is hard, but with every conversation, we address stigma, break down barriers and help those closest to us when they need it most. Each short story can be viewed in less than 20 minutes. Stories of Hope: SHORTS are designed to start those conversations.

## VIEW TRAILER



“  
*My goal is to  
be the person I  
needed when I  
was younger*

*-Alexa*



### Contact

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