

# STANDING UP TO ANXIETY & DEPRESSION

*let's talk about it!*

Z-CARES FOUNDATION





# THE Z-CARES INITIATIVE



z cares

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## Our Inspiration: Zachary Nimmo

The Z-Cares Initiative is a nonprofit dedicated to supporting our youth struggling with mental health challenges and shedding stigma. Our mission is to create pro-active communities that enable teens who struggle from mental health challenges to reach out for help and resources and 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.'

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Z-Cares Foundations was founded in memory of Zachary Nimmo. In Zachary's honor, Z-Cares Foundation starts conversations about youth mental health and keeps it going. If you feel you are experiencing anxiety, talk about it; if you see a friend experiencing anxiety, talk about it. Don't let a minor anxiety issue become something dangerous, talk about it. We are all in this together and no one fights alone.

*let's talk about it!*

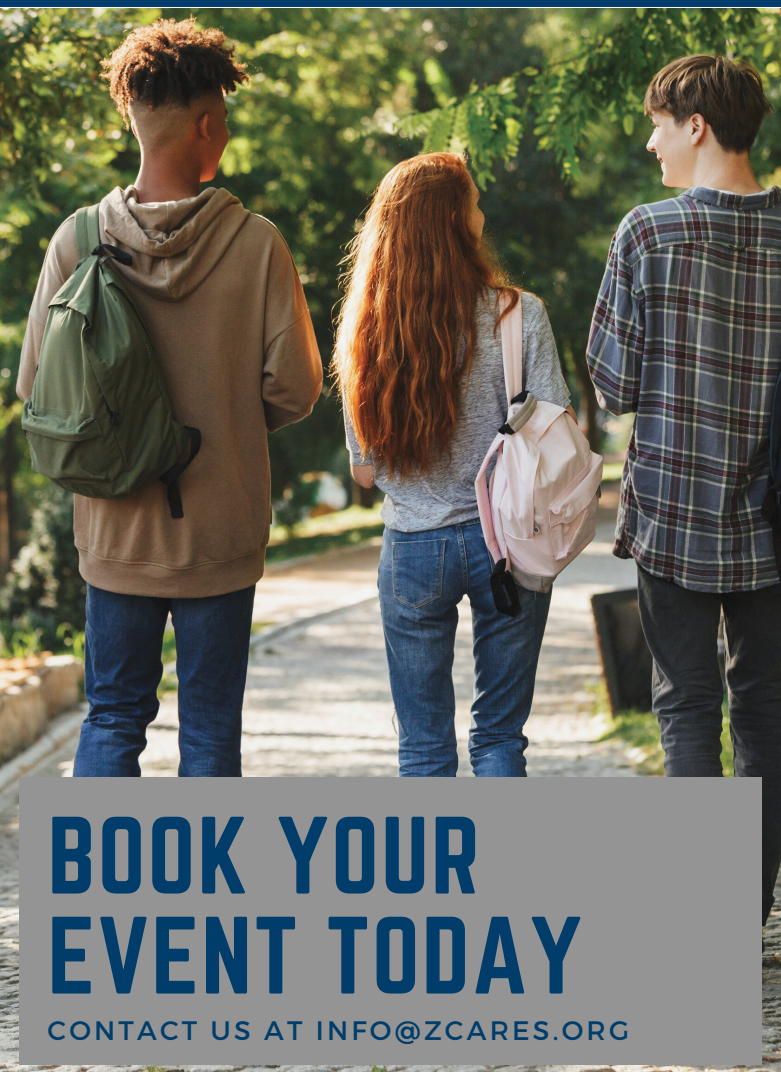


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# DOCUMENTARY SCREENINGS

this is z-cares!

"I've struggled with anxiety my whole life. Everything they talk about, I have experienced. Honestly, I feel like Z-Cares could change my life"  
- Kelsey, College Student



**BOOK YOUR  
EVENT TODAY**

CONTACT US AT [INFO@ZCARES.ORG](mailto:INFO@ZCARES.ORG)

According to The National Council for Behavioral Health©, mental health can be hard to talk about, and sometimes it's hardest to talk about with the people we're closest to, like family members.

With the help of evidence-based documentaries and experts, Z-Cares can help kick start those important conversations.

## DOCUMENTARY SCREENINGS

Z-Cares Foundation hosts screenings of meaningful documentaries. The documentaries are designed to raise awareness around youth mental health. The films includes interviews with kids, teens, educators, experts, parents. Following screenings, Z-Cares moderates panel discussions and shares our home discussion guides to help keep the conversations going.

TIP: Package together with z talks for more meaningful conversations

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## Z TALKS

creating meaningful conversations

this is z-cares!

"This conversation has been a potentially life saving event, Thank you Z-Cares"  
- Julie, Parent



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Having a conversation about mental health is hard, but with every conversation, we can address stigma, break down barriers and help those closest to us when they need it most. The easiest way to support someone struggling with a mental health challenge is to reach out and let them know you are there for them.

### Z TALKS

Utilizing evidence-based interactive guides, z talks provide youth and adults with a platform to share their voices and raise awareness around mental health. We are all in this together, collectively we can end the stigma.

z talks offers specific discussions for youth, adults, families, organizations, entire communities and can be customized to fit any groups needs.

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# MENTAL HEALTH FIRST AID

this is z-cares!

"This has been such an impact on my family. Knowing that Z-Cares will always be here to help is important to us"  
- Natalie, Parent



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Mental Health First Aid® is a national certification course that is designed to teach the skills to recognize the signs and symptoms of a mental health or substance use disorder, identify community resources, and link individuals in need of treatment and support to the proper resources. A blended course (Self-Paced + Live Instruction), Mental Health First Aid® teaches participants a 5-step action plan that can be used to help those in need.

### **Mental Health First Aid Training**

Z-Cares Trainers, certified by the National Council for Behavioral Health, will host the live instruction for community adults to create better awareness and strategies around supporting youth mental health.

**'It's CPR for Mental Health!'**

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## END THE STIGMA

this is z-cares!

'I'VE LEARNED FROM Z-CARES IT'S REALLY OK TO HAVE ANY MENTAL HEALTH DISORDER. IT'S REALLY NORMAL AND IT'S TIME TO TALK ABOUT IT"  
- ABBIE, MIDDLE SCHOOL STUDENT

More than 60% of youth struggling with mental health challenges will not seek treatment. Together, we can change these numbers. Z-Cares provides the community a single voice to stand up to stigma

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### GUIDED DISCUSSIONS

Empowering youth to educate one another and create a culture of support within communities.

### MENTAL HEALTH FAIR

Z-Cares provides communities with the ability to connect to local mental health providers and find coping strategies

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# 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 full of strength and resilience. The viewing audience is left knowing they are not alone.

## REAL STORIES...

Sit Down with Sam shows that every journey is different. Guests share their path towards coping with their challenges. Sam also brings renowned leaders in Psychology and Medicine to share their expertise and advise to the viewing audience.

## REAL HOPE...

Sit Down with Sam offers viewers the ability to connect with the guests and learn new strategies to cope. The message is always the story was real, the challenge was real and Hope is possible.

# NOW Available



**Apple Podcast**



**Spotify**



**Google Podcast**



**I Heart Radio**



**Stitcher**



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**zcares.org**

### Sam Nimmo, Creator/Host 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*

*let's talk about it!*