

# Z TALKS™

presented by z-cares



“  
I just witnessed my  
daughter and  
friends have a real  
conversations  
about mental  
health. I watched  
as they became  
empowered

— Matteo —”



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## Let's talk about it!™

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 workshops are specifically designed to reduce stigma, help early initiate early intervention, Help prevent youth from a crisis situation and improve overall youth well-being.

## WELCOME TO Z TALKS

Z TALKS is an evidence based interactive workshop combined with material from our award winning films designed to teach the skills to recognize the signs and symptoms of a mental health disorder, identify community resources, and link individuals in need of treatment and support to the proper resources. Z-Cares Trainers will host the live or virtual instruction for groups to create better awareness and strategies around supporting youth mental health. 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.