



Z TALKS

Ending the Stigma

One Conversation at a Time

Talking about mental health can be uncomfortable, Z TALKS makes it easier. Utilizing evidence-based interactive materials, Z TALKS provides youth and adults with a platform to share their voices and raise awareness around mental health. Z-TALKS offers targeted discussions for youth, adults, families, organizations or entire communities and can be customized to fit any group's needs.

FOR YOUTH



All Z TALKS youth sessions are evidence based conversations designed to open up meaningful dialogue and reduce the stigma. Sessions include meaningful film clips to stimulate conversation and awareness followed by peer to peer and leader led discussions.

Z TALKS youth can be used in schools, clubs, teams, or any youth organization.

FOR FAMILIES



All Z TALKS family guides are evidence based self-run conversations designed to build stimulate meaningful dialogue in the home.

Guides include tips from experts, information and a step by step guide to talking about mental health in your home

Z TALKS family is appropriate for any family hoping to engage in meaningful conversation



FOR ADULTS

All Z TALKS adult sessions are evidence based conversations designed to build awareness, discover our role in the community and reduce the stigma.

Sessions include signs and symptoms, available resources, meaningful film clips to stimulate conversation.

Z TALKS adults can be used in schools, organizations, work, or any organization.

FOR COMMUNITIES



Z TALKS community combines elements of the Youth, Adult, and Family talks into one meaningful event for an entire community. The strength of the community can help support the youth.

We know conversations about mental health are hard. Z TALKS makes it easier,

Z TALKS community can be used community wide, in schools, organization or any large group.