

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

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AnneMoss Rogers

Mental Health & Suicide Education Expert
Professional Speaker, Trainer & Consultant

NC STATE
UNIVERSITY



LAFAYETTE
SCHOOL DISTRICT

UTAH VALLEY
UVU
UNIVERSITY



Michigan Association of
Secondary School Principals



Sample of Mental Health Programs for Schools & Colleges

Audiences: Educators at K-12 and universities, pre-school educators, school counselors, students and parents. All topics can be in person or virtual and other than the half day training, anywhere from 45 minutes to 1.5 hours.

Services Offered: Training, PD, consulting, speaking. Teacher, student and parent programs and training can be bundled, and all programs are customized to address the issues facing your school or campus.

Topics For Educators:

- **Spotting Students at Risk:** *The educator's role in preventing suicide & self-harm behaviors*
- **Youth Suicide Prevention, Intervention, Postvention:** *Half-day training for K-12 & universities*
- **Early Intervention Works:** *Mental Health education, 0-5 years*

Topics for Parent Programs

- **How to Raise Mentally Healthy Kids:** *9 Parenting tips for teaching kids how to cope*
- **The Emotionally Naked Truth about Youth Suicide:** *How parents can prevent suicide*

Topics for Student Programs

- **Managing Your Mental Health:** *How to help yourself, a friend, and prevent suicide*
- **Diary of a Broken Mind:** *Post traumatic growth after loss*
- **Suicide Prevention for Students:** *How to help yourself or others*

Consulting and Coaching:

Here are examples of mental health coaching and consulting for schools and universities.

- What to do after a suicide or series of suicides
- Academic Year planning for creating a culture of emotional wellness
- One-on-one or small group coaching to help professors/teachers find their own roadmap to creating a culture of well being in the classroom

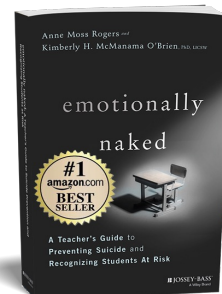
Biography

AnneMoss Rogers is a Mental Health and Suicide Education Expert, Professional Speaker, Trainer & Consultant who uses storytelling to educate on mental health topics. The author of two books, she has been featured in the New York Times and was first non-clinician invited to speak at the National Institute of Mental Health on youth mental health and suicide.

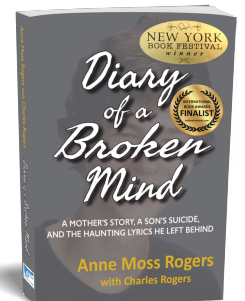
Despite her family's best efforts, her 20-year-old son, Charles, died by suicide June 5, 2015, after struggling with anxiety depression and addiction.



AnneMoss is a UNC-Chapel Hill alumna and travels from Richmond, VA.



A Teacher's Guide to Preventing Suicide



Diary of a Broken Mind

Training

AnneMoss is trained in:

- **safeTALK**-Registered suicide prevention trainer
- **ASIST**- Applied Suicide Intervention Skills
- **ASK Workshop**-Identifying suicide risk in young kids 6-14
- **MHFA, YMFA**- Youth Mental Health First Aid
- **Prevention**- Personality-targeted life skills training for youth substance misuse prevention
- **DBT Steps-A in Schools**- DBT skills
- **Trauma-Informed Care Basics**
- **Suicide Survivor Peer Outreach**
- **Gym Neurocognitive Training for Addiction**



Testimonials



“Anne Moss Rogers tells her tragedy and healing with passion and love. She relates to young people in a very unique and powerful way that few adults can. Her message is critical to all, particularly the teenage population. We are extremely grateful for her.”
 —**Cassie Rogers, Health Science Specialty Center Coordinator, Cosby High School**

“This has been the most meaningful, accurate training on suicide awareness that I have ever witnessed. It’s the best help. Thank you for giving of yourself.”
 —**Faculty, NC State University, Suicide Prevention Training Attendee**

“The suicide diagram really helped to visually see how individuals think of suicide.”
 —**Sheriff’s Deputy, Suicide Prevention Training Attendee**

“Thanks to your training I was able to ask a student about suicide today. While I was nervous, it felt strangely empowering!”
 —**University Faculty Member, Suicide Prevention Training Attendee**

“I feel more equipped to help. I feel more confident with these strategies, especially with the mindfulness and coping tips.”
 —**Professor, NC State University, half-day suicide prevention training**

“She speaks from personal experience from the heart. I liked the script practice and scenarios especially. Really good advice for figuring out what to say and how to say it. And also understanding the importance of listening!!!”
 —**Teacher, Workshop Attendee**



“Thanks so much for the great work!”
 —**Marilyn Pao, Clinical Director, The National Institute of Mental Health**

“It was very helpful to see how to start a conversation about suicide in younger children, thank you.”
 —**Ruth Ontiveros, Elementary School Teacher, Sandoval Academy, PD Virtual Training**

“She opened my eyes to learn about suicide, mental health issues that are important to us all, and also how to better work with others. If you want a keynote speaker, or someone to connect with you on a visceral level, Mrs. Anne Moss Rogers is who you want. I applaud her candid approach that delivers clear results.”
 —**Mike Ross, School Resource Officer (SRO)**



but every single word that you said in that classroom that day touched my life. You helped me to wanna keep pushing and strive to even be half as strong as you are. So thank you Mrs. Rogers, thank you so much for sharing your story, and helping me in ways I can't even begin to truly explain.

— **15-year-old high school student**

