



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

The Emotionally Naked® Truth About Suicide: *Raising Awareness in the Workplace*

Audiences: Workplaces, corporations and associations.

Length: 45 minutes to 2 hours, virtual or in person

Quick outline:

1. AnneMoss's Story
2. About mental health and what depression looks like
3. About suicide, signs and what to do/say
4. Resources for those who struggle and for the families who love them

Description:

Over 80% of those who die by suicide are of working age, so the workplace is an ideal place for creating a system for prevention and intervention. If your workforce includes parents, it's likely many of them have children who are struggling, they are seeking answers and resources. This presentation dispels common myths about suicide and substance misuse, while delivering a message of hope, and empowering regular humans with the skills to help prevent this threat to life.

Learning Outcomes:

- How to recognize the cryptic ways people cry for help
- How to respond, what to say/do (includes talking points)
- Creating a suicide-safe environment (aka. means safety)
- Life events that can increase suicide risk

About AnneMoss

AnneMoss Rogers is a Mental health & Suicide Education Expert, Professional Trainer, Speaker and Consultant. As one of the most sought-after [mental health speakers](#), AnneMoss has lived the ultimate tragedy and become an expert on mental health and emotional wellness, suicide prevention, and postvention. Her youngest son, Charles, was the funniest, most popular kid in school. As a teen, he wore the mask of a clown to hide his depression and anxiety and used drugs and alcohol to numb his thoughts of suicide. Ultimately, he became addicted to heroin and took his own life in 2015 at age 20.

Themes include mental illness, addiction/substance misuse, coping skills, hope, and healing. AnneMoss follows safe messaging [reporting guidelines on suicide](#)