



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

The Mask We Wear to Work: *Fighting the stigma of mental health in the workplace*

Audiences: Employees

Time: 45 minutes to 1.5 hours or a series

Quick Outline:

1. AnneMoss's Story
2. About Mental Health and work/life balance
3. About Suicide
4. Your Mental Health
5. Resources

Description:

How did AnneMoss smile through the client cocktail party when her 16-year-old son was in jail in another state? How did she manage to get up and dressed, paste a smile on her grief-stricken face and go back to work a week after her son's death by suicide? Like millions, she did it because she had to because mortgages don't pay themselves.

No one's life goes perfectly for an entire professional career. Divorce, illness, death of a loved one, one's own addiction or that of a loved one can disrupt a person's mental health and negatively affect productivity and professional goals. So what tools and resources do people need to manage the difficult times and find support at work? How do we build resilience, find the right self-care strategies, to manage anxiety, adversity, change, hybrid environments, and future leadership demands? We start by talking about it.

Learning Outcomes:

- Coping strategies & DBT skills for managing adversity, avoiding conflict and burnout
- Signs a co-worker, friend or family member might be struggling and what to say and do
- Learn the most important skill for managing your emotional well-being
- How to allow others to feel heard and therefore feel valued
- Life events that make people more vulnerable to despair

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, emotional wellness as well as suicide prevention. 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.