



**Empowerment Through Education**

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

## **From Pain to Purpose:** *How to find healing through helping*

After years of trying to find help for her once joyful son and rap artist, AnneMoss's son Charles continued to struggle with mental illness. Desperate to escape the darkness of his depression, Charles turned to heroin and died by suicide in 2015 at age 20. This presentation is about AnneMoss's inspiring journey to healing. By dragging an unpopular topic into the spotlight and learning to heal through helping, AnneMoss shares how a blog community came together in their shared pain and has saved lives in the most surprising and unexpected ways.

Takeaways:

- Surprisingly simple--and unconventional--ways we can save lives
- How we can effectively communicate to those who are struggling
- How to forgive oneself after a loss by suicide
- Moving forward from grief--to a life-changing, healing path