Build Emotional Muscle. Foster a Culture of Wellness.

am (at) annemoss.com

Professional Mental Health Speaker & Education Expert
Richmond, Virginia

MENTAL HEALTH AWARENESS EDUCATION

SAFE AND SOUND SCHOOLS · BOSTON Public Schools · UTAH VALLEY UNIVERSITY UVU · NEBRASKA DEPARTMENT OF EDUCATION · NC STATE UNIVERSITY · UNC

Sample of Mental Health Programs for Schools & Colleges

Mental Health & Suicide Prevention Training for Educators including PD, training & keynotes. Programs can be customized to address organizational priorities.

Keynote Topics

- **Turning Pain into Purpose:** *The Power of Post Traumatic Growth After Tragedy* (Focuses more on healing, growth, recovery & transformation.)
- **Turning Pain into Purpose:** *Preventing Suicide Through Human Connection* (Focuses more on suicide prevention education & lived experience.)
- **Diary of a Broken Mind:** *Addiction, Depression and the Tragic Link to Suicide*

Training & Workshops for Educators

- **Spotting Students at Risk:** *The educator's role in preventing suicide & self-harm behaviors*
- **Spotting Elementary Students at Risk:** *Signs and Early Intervention Strategies*
- **Fun & Games:** *Mental Health Activities to Build Connection & Coping Skills*
- **Coping Strategies for Grief & Loss:** *Healing in a School/College Community After a Suicide Loss*

Parent Programs

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

Student Programs

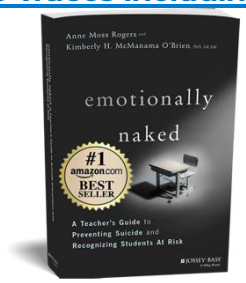
- **Managing Your Mental Health:** *How to help yourself, a friend, and prevent suicide*
- **Make Anxiety Your Ally:** *Tools to Build Emotional Muscle and Resilience*

Biography

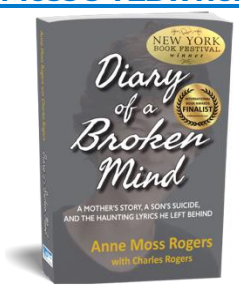
AnneMoss Rogers is a Mental Health and Suicide Education Expert, Professional Speaker, Trainer & Consultant. She combines compelling storytelling, engaging activities, and evidence-based strategies to educate audiences on mental health and suicide prevention.

The author of two books, she has been featured in the New York Times & was first non-clinician invited to speak at the Na… Institute of Mental Health on youth…

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. **See videos including AnneMoss's TEDx here.**



A Teacher's Guide to Preventing Suicide



Diary of a Broken Mind

Training & Qualifications

- **safeTALK**– Registered suicide prevention trainer
- **ASIST**– Applied Suicide Intervention Skills
- **ASK Certified**-Identifying suicide risk in ages 6-14
- **MHFA & YMFA**– Mental Health First Aid
- **Preventure**– Personality-targeted life skills training for youth substance misuse prevention
- **DBT Steps-A in Schools**– DBT skills
- **Trauma-Informed Care Training**
- **Suicide Survivor** Peer Outreach
- **Gym Neurocognitive Training for Addiction**
- **Former ED** of a Youth Mental Health Org
- **Grief Group Facilitator** since 2017

Testimonials

"Your presentations for Nebraska were the most helpful of all the suicide trainings I have ever taken, and at 65, I have participated in quite a few! I send your information to other counselors regularly."
—Sharon Macholan, EdS, LCSW, LMHP, School Psychologist, Nebraska

"...Through her powerful story of losing her son to suicide, she connects with students, staff and families, helping them recognize the signs of a person in crisis. Her presentations educate and empower families and friends to provide meaningful support, making a lasting difference in mental health awareness and suicide prevention."
—Angie Daniel, Asst Dean, Office of Access, Wellbeing & Engagement, NCSU

"I thought this [event] would really suck. But it was actually really good."
—NCSU First-Year Engineering Student, College Mental Health Event

"This has really been amazing!!!! one of the best trainings ive had so far...."
—Jennifer Kester, Social Work Student, Kutztown University

"Anne Moss Rogers is a suicide prevention champion. I had the pleasure of presenting with her at the Pediatric Academic Societies conference and her part was absolutely the best. She received a standing ovation from the audience. I have been to this conference for two decades and I have never seen any speaker receive a standing ovation."
—Lisa M. Horowitz, PhD, MPH, Staff Scientist/Clinical Psychologist, NIMH

"AnneMoss 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)

Virginia School Safety Training Forum

"I learned the importance of connection, even when doing a suicide assessment... The 'lived experience' that was shared also made the information that was shared more powerful. I also appreciate all of the practical information and detailed resources."
—Medical Student, University of Colorado

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