

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

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AnneMoss Rogers

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



Sample of Speaking Topics

Programs available in person, hybrid, virtual. Bundled programs and consulting available. For educators, parents, workplaces, youth leaders, executives, clinicians and state agencies

Keynote Topics

- **From Pain to Purpose:** *How to find healing through helping*
- **Diary of a Broken Mind:** *Addiction, depression and the tragic link to suicide*
- **From Suffering to Strength:** *Understanding the impact of mental health on families*

Educator Topics & PD

- **Spotting Students at Risk:** *The educator's role in preventing suicide and self harm behaviors*
- **Youth Suicide: Prevention, Intervention, Postvention** (Half-day training for K-12 and Universities)
- **Early Intervention Works:** *Mental Health education, birth to 5 years*
- **The Emotionally Naked® Truth About Suicide**

Workplace Mental Health

- **Emotionally Naked® Workplace Wellness:** *For Managers & Leaders*
- **The Emotionally Naked® Truth About Suicide:** *Raising Awareness in the Workplace*
- **The Mask We Wear to Work:** *Fighting the stigma of mental health in the workplace*

Parent Topics

- **How to Raise Mentally Healthy Kids:** *9 parenting strategies for teaching kids how to cope*
- **The Emotionally Naked Truth About Youth Suicide:** *A what to say, what to do guide*
- **Coping Strategies for Grief & Loss:** *How to lessen your suffering after loss of a child*

Student Topics

- **Managing Your Mental Health:** *How to help yourself, a friend, and prevent suicide*
- **Suicide Prevention for Students:** *How to help yourself or others*
- **Make Anxiety Your Friend Workshop**

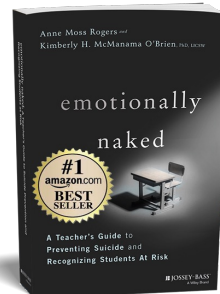
Biography

AnneMoss Rogers is a Mental Health and Suicide Education Expert, Professional Speaker, Trainer & Consultant who uses storytelling to educate and help audiences to cope, find hope and healing. 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.

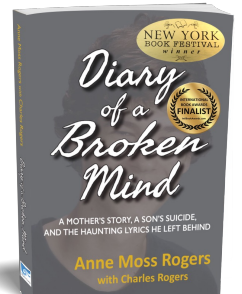
Despite her family's best efforts, her 20-year-old son, Charles, died by suicide June 5, 2015, after many years of struggle with anxiety, depression and addiction.



This UNC-Chapel Hill alumna 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

“I had the pleasure of presenting with [AnneMoss] at a national conference and she received a standing ovation. I have been to this pediatric conference for 2 decades and I have never seen any speaker receive a standing ovation. She was powerful. She was moving.”

--Lisa Horowitz, PhD, MPH, Psychologist, National Institute of Mental Health

“Thanks to your training I was able to ask a student about suicide today. While I was nervous, it felt strangely empowering!”

—NC State University Faculty Member

“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

“The speaker was able to pour out so much valuable and helpful information because of her own experience. I learned so much, particularly about being a good listener, being aware of possible signs of a troubled person. I feel more comfortable letting a person know that I care and ask the important question to help them get help!”

--Dominion Energy Employee

“I saw you speak this morning at the NIMH suicide conference, and it was one of the beautiful, raw speeches I have ever witnessed. You were so vulnerable and open and articulate about you and Charles' experiences. Your comment about connectedness, and the lack of it in our current age of social media and technological advances was brilliant. I am truly inspired by you.”

--J.S., Research Assistant, National Institute of Mental Health



“Your presentation was absolutely mesmerizing. It was very factual and for the physicians in the audience, it was an eye-opening experience. We look forward to reading your book.”

--K. Singh Sahni, M.D., FACS, Neurosurgeon, Chair of Neuroscience JW Hospital

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



Vicki Hutman, CS ICC to Everyone

Wow! Thank you so much! Best speaker on this subject that I have ever heard in 20 years in the "business".

