Build Emotional Muscle.
Foster a Culture of Wellness.

Contact am@annemoss.com

MENTAL HEALTH AWARENESS EDUCATION

Professional Mental Health Speaker & Education Expert
Richmond, Virginia

TEDx · NIH National Institute of Mental Health · HCA Healthcare · Dominion Energy · Nebraska Department of Education · NC State University

Sample of Speaking Topics

AnneMoss delivers keynotes and programs focused on workplace wellness, suicide prevention, SUD, grief, and building resilience and coping skills.

Keynotes

- **When Life Shatters:** *Building Resilience After Tragedy* 💪❤️
- **Turning Pain into Purpose:** *Preventing Suicide Through Human Connection*
- **Addiction, Depression & the Tragic Link to Suicide**

Workplace & Leadership

- **The Mask We Wear to Work:** *Building Emotional Muscle When Life Knocks You Sideways*
- **Coping Strategies for Grief & Loss:** *How to Lessen Your Suffering*
- **Parenting in the Digital Age:** *Smartphones, Social Media & Youth Mental Health* (CRGs and ERGs)
- **The Emotionally Naked® Truth About Suicide:** *What to Say, What to Do* (Adaptable for all audiences.)

Education (K-12 & Higher Ed)

- **Spotting Students at Risk:** *The Educator's Role in Preventing Suicide & Self-Harm*
- **Spotting Littles at Risk:** *Early Intervention Strategies for Ages 5–12 (elementary age focused)*
- **Coping Strategies for Grief & Loss:** *Healing in a School Community After a Suicide Loss*
- **Fun & Games:** *Mental Health Activities to Build Connection and Awareness*

Audiences

AnneMoss has experience speaking in these sectors:

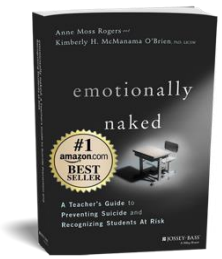
- K-12 School Districts + Educational Service Agencies
- Corporations & Associations
- Government and State Agencies
- Universities and Colleges
- First Responders, Veterans & Military
- Nonprofit Organizations
- Conferences and Summits

Biography

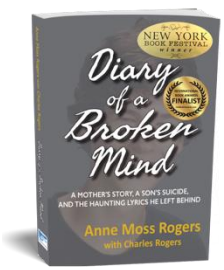
AnneMoss Rogers is a Mental Health Speaker and Suicide Education Expert. She combines storytelling, engaging activities, and evidence-based strategies to educate on mental health and suicide prevention.

The author of two books, she has been featured in the NY Times, Variety Magazine, and interviewed by CNN's Erin Burnett at the prestigious Billionaire's Summer Camp and the first non-clinician to speak at NIMH on suicide.

Despite her family's best efforts, her 20-year-old son, Charles, died by suicide June 5, 2015, after struggling with anxiety, addiction, and depression. She focuses on fostering a wellness culture. AnneMoss travels from Richmond, VA. See videos including AnneMoss's TEDx here.



A Teacher's Guide to Preventing Suicide



Diary of a Broken Mind

Training & Certifications

- **safeTALK:** Suicide prevention trainer
- **ASIST:** Applied Suicide Intervention Skills
- **Military Connected Prevention & Wellness**
- **ASK Workshop:** Identifying suicide risk, 6-14 yrs
- **MHFA,YMFA:** Mental Health First Aid
- **Preventure:** Youth substance misuse prevention
- **DBT Steps-A in Schools:** DBT skills
- **Trauma-Informed Care & Suicide Survivor Peer Outreach**
- **Gym** Neurocognitive Training for Addiction
- **Connect Suicide Postvention** Training
- **Psychological First Aid,** (PFA)
- **CRP:** Certified Crisis Response Planning

Testimonials (see more here)

"We were so impressed with your talk, and we can't stop talking about it. It was very impactful. We wanted to inquire about doing some additional series with you and booking for next year."— ***Lindsay Schwartz, HR Business Partner, Bio-Rad Lab Global***

"I surveyed the room. Not one of the 600 people was on their phone the entire time. You had everyone captivated, and your story was so authentic. That's why you got a standing ovation."
—Sylvia, Psychiatrist, Virginia CSB, Mental Health Keynote.

"I had the pleasure of presenting with AnneMoss at the Pediatric Academic Societies conference, and her part was absolutely the best. She received a standing ovation. I have been to this conference for two decades and I have never seen ***any*** speaker receive a standing ovation."***— Lisa Horowitz, PhD, MPH, Scientist, Clinical Psychologist, NIMH***

"Good luck dozing off or pseudo-listening to AnneMoss Rogers. Even those up all night, couldn't avert their focus to her dynamic ability to connect. If you want a keynote speaker to connect with you on a visceral level, Mrs. Anne [Moss] Rogers is who you want." ***—Mike Ross, SRO, Fairfax County Schools Safety & Security***

"AnneMoss Rogers' presentations educate and empower students, families and friends to provide meaningful support, making a lasting difference in mental health awareness and suicide prevention."
—Angie Daniel, Asst Dean, Office Access, Wellbeing & Engagement, NCSU

"This is by far the BEST presentation I have heard about mental health, connection, and suicide prevention. You are a beacon of light in this world. God has given you a special gift."
—Eric Ikonne, MPH, DrPH, MTSS Coordinator at Round Rock ISD, TX

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