



**Empowerment Through Education**

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

## **Content Warning Script for Presentations and Podcasts**

Content warning: This podcast (or presentation) touches on sensitive subjects like suicide, mental health conditions, and addiction. If you need support, call the USA crisis and suicide lifeline at 988 or use the Crisis Text Line at 741-741.

## **ANNEMOSS ROGERS MENTAL HEALTH SPEAKER, TRAINER, CONSULTANT & SUICIDE LOSS SURVIVOR**

### **Bio 1 for general audiences**

AnneMoss Rogers has lived the ultimate tragedy and become a mental health and suicide education expert, professional speaker, trainer, and consultant. After her 20-year-old son, Charles' died by suicide in 2015, Anne Moss chronicled her family's tragedy in a newspaper article that went viral, and her blog, [Emotionally Naked](#), has reached millions. She is the author of the award-winning memoir, [Diary of a Broken Mind](#) and the best seller, [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#) with co-writer Dr. Kimberly O'Brien.

She has been a TEDx speaker, was featured in the New York Times, [Variety Magazine](#), and was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health. A UNC-Chapel Hill alumna, Anne Moss currently lives in Richmond, VA. Her surviving son is a filmmaker in LA.

### **Short Bio**

AnneMoss is a mental health motivational speaker, author, suicide prevention trainer, and suicide loss survivor. The tragic suicide of her young son, Charles in 2015, was a turning point in her life: through her own personal experience of loss and working her way through this devastating time, Anne Moss uses her authenticity and know-how to teach and support others. Now, as an expert on emotional wellness, suicide prevention and postvention, as well as youth mental health, she speaks at conferences, universities, schools and workplaces to help better equip her audiences, fill their hearts with hope and, ultimately, save young lives.

### **Bio 2 for clinical audiences**

AnneMoss Rogers has lived the ultimate tragedy and become a mental health and suicide education expert, professional speaker, trainer, and consultant. After her 20-year-old son, Charles' died by suicide in 2015, Anne Moss chronicled her family's tragedy in a newspaper article that went viral, and her blog, [Emotionally Naked](#), has reached millions. She is the author of the award-winning memoir, [Diary of a Broken Mind](#) and the best seller, [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#) with co-writer Dr. Kimberly O'Brien.

She has been featured in the New York Times, [Variety Magazine](#), and was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health. She is one of the editors of the [American Academy of Pediatrics Blueprint for Youth Suicide Prevention](#). A UNC-Chapel Hill alumna, Anne Moss currently lives in Richmond, VA with her husband. Her surviving son, Richard, is a filmmaker in LA.