



**Empowerment Through Education**

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

## **Diary of a Broken Mind: *Addiction, Depression, and the Tragic Link to Suicide***

AnneMoss Rogers and her husband tried to find help for their struggling son, Charles, a creative genius and rap artist. Desperate to escape the darkness of his depression, Charles turned to heroin and died by suicide in 2015 at age 20.

How common is suicidal thinking among those who are addicted? How many start using to numb intense and painful feelings or to normalize a mental health condition? And how did AnneMoss find healing after the most devastating loss of her life?

### **Learning outcomes:**

- How stigma played into Charles's feeling of low self-worth
- The prevalence of suicide risk for those with SUD
- How to recognize signs of depression and suicide and what to do/say
- How one mom found her path to healing after loss

**Themes:** Suicide prevention, hope and healing, SUD, grief, depression, anxiety, coping strategies, resilience

### **About AnneMoss**

AnneMoss Rogers is a Mental health & Suicide Education Expert, Professional Trainer, Speaker and Consultant. As one of the most sought-after [mental health speakers](#), AnneMoss has lived the ultimate tragedy and become an expert on mental health, emotional wellness as well as suicide prevention.