



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Diary of a Broken Mind: *Post Traumatic Growth after devastating loss*

Audience: For university students, high school students, RAs (resident assistants at universities), and community groups (like YMCA leader's clubs)

Time: 45 minutes to 1.5 hours, virtual or in person. Includes interactive activities including creating a crisis plan on an index card.

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 did AnneMoss find healing after the most devastating loss of her life? What strategies built resilience and became useful for managing other issues? And what can students do to support themselves, each other and understand that trauma of all kinds is painful but also fosters growth.

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 to find your own path to healing after loss or tragedy

Themes: This presentation focuses more on resilience and healthy coping and touches on suicide prevention, hope and healing, SUD, grief, depression, anxiety, coping strategies, resilience. Anne Moss follows safe messaging [reporting guidelines on suicide](#).

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. Her youngest son, Charles, was the funniest, most popular kid in school. As a teen, he wore the mask of a clown to hide his depression and anxiety and used drugs and alcohol to numb his thoughts of suicide. Ultimately, he became addicted to heroin and took his own life in 2015 at age 20.

AnneMoss was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health, and she is one of the editors for the American Association of Pediatrics [Blueprint for Youth Suicide Prevention](#). She is the [author of two mental health related books](#), one written specifically for educators focused on preventing suicide of school age youth.