



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills



American
Academy of
Pediatrics



The Emotionally Naked® Truth About Suicide: *How to Recognize Suicide Risk in Patients & Co-workers*

Audiences: Clinicians including dentists, nurses and doctors, LCSWs, school nurses, school psychologists, schools of social work, medical schools, break out for conferences.

Time: 30 minutes- 1.5 hours and any time in between.

Description:

Over 50% of those who die by suicide have had contact with a medical professional within months of killing themselves. We also know that doctors and nurses are at higher risk of suicide than the general population making our healthcare institutions ideal places for a more thoughtful system of prevention and intervention.

This presentation touches on AnneMoss's powerful story of losing her son Charles to suicide, dispels common myths, and empowers healthcare workers with the skills to prevent this threat to life.

Takeaways:

- Signs of depression in patients and co-workers
- How to recognize who is suicidal and what to say and do
- Medical factors and life events that increase risk of suicide
- How stigma in healthcare affects those who struggle
- Resources including a validated screening tool

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 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.