



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

From Suffering to Strength: *Understanding the impact of mental health on families*

Audiences: Clinicians, LCSWs, school nurses, school counselors, schools of social work and medical schools, break out for conferences.

Time: 45 minutes- 1.5 hours

Description:

After trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, AnneMoss Rogers's son Charles met heroin while struggling with anxiety and depression and he died by suicide in 2015.

The family support system is an integral part of how well a family member heals both physically and emotionally. This presentation delivers ways in which clinicians can understand what is going through the minds of parents and other loved ones, how to better engage families and understand their fears. It includes AnneMoss's personal journey plus the resources and strategies that help educate and support families.

Takeaways:

- Signs of depression
- Signs of suicide and what to do
- How stigma affects those who struggle as well as the families
- What parents don't know and struggle with and how to help
- Resources for families and those who live with a mental health condition.

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 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.