



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: Communities, breakouts, churches, civic and philanthropic organizations, nonprofits, conferences

Time: 45 minutes- 1 hour

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.

This presentation dispels common mental health myths, while delivering a message of hope.

Takeaways:

- Signs of depression
- Signs of suicide and what to do
- How stigma affects those who struggle
- Finding support for you
- How much to help a loved one
- Resources for families and those who live with a mental health condition

Themes include mental illness, addiction/substance misuse, coping skills, hope, and healing. 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.