



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

The Emotionally Naked® Truth About Suicide: *How parents can prevent suicide*

Audiences: Parents, orientation at schools and universities, community events, school assemblies, churches

Quick Outline:

1. AnneMoss's Story
2. What depression looks like
3. About Suicide, signs and what to do/say
4. Resources for those who struggle and for the families who love them

AnneMoss Rogers, has built a following on the subject of suicide, and the mental health conditions and underlying risk factors that often trigger it. After trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, Charles met heroin while struggling with depression and he died by suicide in 2015.

This presentation dispels common myths about suicide and substance misuse, while delivering a message of hope, and empowering regular humans with the skills to help prevent this threat to life.

Takeaways:

- How to recognize the cryptic ways people cry for help
- How to respond, what to say/do (includes talking points)
- Creating a suicide-safe environment (aka. means safety)
- Life events that can increase suicide risk

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. AnneMoss has spoken at the National Institute of Mental Health, The American Academy of Pediatrics, the National Alliance of Mental Illness and more. She is the [author of two mental health related books](#).