



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

How to Raise Mentally Healthy Kids: 9 parenting tips for teaching kids how to cope

Audiences: Parents, grandparents, foster parents, legal guardians. This is often used for parent freshmen orientation for universities and K-12, as part of a school district parent education event or series, and as an online course. This can be virtual, hybrid or on campus.

Time: 1-1.5 hours or anything in between

Topic Description:

After trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, Anne-Moss's son Charles met heroin, an addiction that led to a downward spiral that ended with his suicide on June 5, 2015.

This presentation is about what she has learned looking back on her journey to prevent other parents from standing in her shoes. The topics covered include mental health awareness and substance misuse education, as well as recognizing red flags and what action to take. This presentation includes her wildly popular 9 parenting tips with stories and examples for what has been effective for fostering independence and resilience in a child of any age raised in the digital world.

Takeaways:

- What is a warning sign versus typical angst?
- Why are so many struggling with mental health issues?
- How to talk to your child about difficult subjects and get a response.
- Times when particular age groups are more vulnerable to despair.
- What to say/do if your child is struggling with suicide.
- 9 practical tips that help parents with children of any age build resilience and coping skills that help them thrive in a digital world. (pdf bullet point one page download also shared after)

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](#).