



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Managing Your Mental Health: *How to help yourself, a friend, and prevent suicide*

Audience: For university students, high school students, RAs (resident assistants at universities), and community groups (like YMCA leader's clubs)

Time: 45 minutes to 1.5 hours, virtual or in person

Description:

How do you know when you might need support? What coping skills can help you avoid getting to a place of crisis? When are you more likely to feel depressed or anxious and what can you do about it?

From coping tips and talking to a person who is stressed, to helping someone at risk for suicide get the help they need, this presentation will empower you with the words and actions to be the bridge to life.

Learning outcomes:

- How to know when a friend is at risk and what to say/do
- How to recognize when you are in crisis and help yourself
- Know times when young adults are more vulnerable to depression/anxiety
- Healthy coping skills and crisis prevention

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 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.