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*

(**note:** if your school or university is sensitive to the word suicide being in the subhead, we can reword)

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 and includes interactive activities

Description: From recognizing signs of mental health struggles and substance misuse to knowing how to support a friend in crisis, this presentation equips students with practical tools to take action. Whether someone is feeling overwhelmed, using substances to cope, or thinking about suicide, students will learn how to be a bridge to help—and a bridge to life—through supportive words, actions, and connection to resources.

Learning outcomes:

- How to know when you or a friend is at risk and what to say/do
- How substance misuse derails the ability to develop healthy coping
- Times when young people are more vulnerable to depression and anxiety
- How to turn healthy coping strategies into habits and effective life skills

About AnneMoss

AnneMoss Rogers is a Mental health & Certified Suicide Education Expert, Professional Trainer, Speaker and Consultant. As one of the most sought-after mental health speakers, AnneMoss has lived the ultimate tragedy of losing her youngest son, Charles, to suicide. He was the funniest, most popular kid in school and 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. 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.

AnneMoss has extensive training on mental health topics, DBT skills, and suicide prevention. She follows reporting guidelines for sensitive topics. See her training here. See her mental health books here.