



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Social Media, Search & Mental Health: *Insights and Interventions*

Audience: Keynote or breakout topic for conferences

Time: 45 minutes to 1.5 hours. Virtual, in person or hybrid.

Description:

After losing her son, Charles, to suicide, digital marketing expert, AnneMoss Rogers starting using Google search skills and social media to provide resources and support when people need it the most.

This presentation will help you understand the complex relationship between online search, social media and mental health. Find out the profound impact of the digital world on mental well-being, with a special focus on the sensitive issue of suicide and how we can intervene online when people have lost hope. Discover strategies to navigate the digital landscape responsibly and promote mental health awareness online.

Learning Outcomes:

- How the digital world has contributed to mental health struggles and what we can do.
- Learn how to recognize cries for help online and learn what to say/do.
- Find out how we can we use digital platforms to promote help seeking behavior.

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.

[Read more about her here.](#)

[Contact mental health speaker AnneMoss Rogers here.](#)

Example of an online message:

No Subject

Today at 10:45 PM

I know nothing will ever take away the pain you must feel but one of the blogs you wrote on your website prob saved my life tonight and you should know your son would be proud. God bless
Sincerely,
John