Anne Moss Rogers
Program Topic for Schools

Diary of a Broken Mind

A Mother's journey through grief after her son's death by sucide

Problem

Lack of healthy coping strategies. And the current rise of anxiety, depression, substance misuse and suicide in teens.

Solution

Inspire students to foster a culture of connection and raise their awareness of how healthy coping and emotional wellness are the keys to success.

Let's Talk
804-928-8074
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Parent presentation also available

Learning Outcomes

- Healthy vs. unhealthy coping strategies
- How students can support one another
- How to find hope after devastation

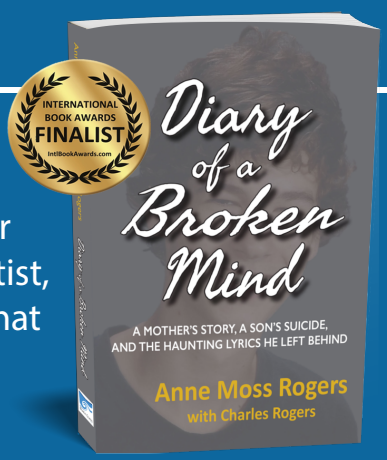
Her Training

- safeTALK - Registered trainer (suicide prevention)
- MHFA- Youth Mental Health First Aid
- Trauma-informed care basics
- ASIST-Applied Suicide Intervention Skills
- Preventure- Personality-targeted life skills training for reducing youth substance misuse

One to 1.5 hour presentations follow guidelines on safe messaging

NSA NATIONAL SPEAKERS ASSOCIATION

Charles on Homecoming Court with his favorite teacher, Mrs. Fretwell



Anne Moss Rogers is an award-winning author and an Emotionally Naked ®TEDx storyteller. After trying to find help for her son, Charles, a creative genius and rap artist, he met heroin, a love/hate relationship that ended with his suicide on June 5, 2015.

- **1/3** of the presentation focuses on the story of how the funniest, most popular kid in school suffered from depression & became addicted to heroin
- **1/3** is about grief, hope and emotional healing
- **1/3** is an interactive exercise with students on healthy/ unhealthy coping strategies & identifying an adult they'd talk to