

**FDA Topic:**

**Speaking of Suicide: How to Talk to Families Who've Suffered a Loss by Suicide**

**Description:**

A loss by suicide is like no other, and the grief can be especially traumatic. Given that many of these families feel intense shame and the uncomfortable nature of suicide, directors are often unsure of the right thing to do or say. This workshop offers guidance on supporting families who have suffered a loss by suicide and includes downloads and handouts for your association members.

**Learning Outcomes**

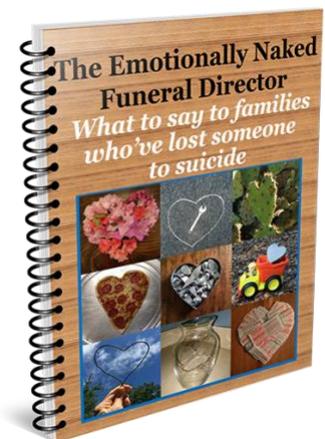
- What to say or not say
- How to support families who've suffered loss by suicide
- Spotting the bereaved who are at risk of suicide
- Making sure staff gets support
- Understanding the mental health strain of COVID and its connection to suicide

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**Workshop Outline:**

- **My story** including the stolen body and my experience with a funeral director
- **Language.** For example, the phrase “commit suicide” should no longer should be used.
- **What is suicide?** Debunking myths and understanding who is at risk including the newly bereaved.
- **Script Guidance for Funeral Directors.**
  - How to respond to common phrases from suicide loss survivors: “Why did my loved one kill himself?” or “Can I see the body?”
  - Recognizing the bereaved who are at risk for suicide and what to say. Includes simple steps to take when someone is suicidal
  - These steps also apply to staff as this can be an emotionally challenging business
- **Compassion Burnout.** Showing staff you care helps with retention.
- **Resources:** Resources for clients, training for staff, local resources

**Free eBook Download:**

- My eBook- **The Emotionally Naked Funeral Director: What to Say to People Who've Lost Someone to Suicide** (<https://funeraldirectors.gr8.com/>)
- This 19-page guide has scripts, resources, and phone numbers



**Blog:** <http://emotionallynaked.com>

**Website:** <https://annemossrogers.com>

**Book:** Diary of a Broken Mind <http://diaryofabrokenmind.com>



**Link to podcast:** <https://podcasts.apple.com/us/podcast/130-diary-of-a-broken-mind-with-ann-moss-rogers/id1436735020?i=1000470745765>

### **Biography:**

Anne Moss Rogers is a TEDx speaker, storyteller, award-winning author, and registered suicide prevention trainer. Her book [\*Diary of a Broken Mind\*](#), was an International Book Award Finalist.

Despite her family's best efforts, Anne Moss's 20-year-old son Charles died by suicide on June 5, 2015 after many years of struggle with anxiety, depression and ultimately addiction. She chronicled her family's tragedy in a newspaper article that went viral and started a blog called Emotionally Naked that has been read over a million times.

Anne Moss Rogers sold her digital marketing company in 2017 to become a national public speaker on suicide and grief. Her story has been featured in the New York Times and she has a TEDx called, "[Can a Blog Save Lives?](#)" She has been interviewed by the *New York Times* and was the first suicide loss survivor ever invited to speak at the *National Institute of Mental Health*.

Originally from North Carolina, and an alumna from UNC-Chapel Hill, she now lives in Richmond, Virginia, with her husband, Randy. They raised two sons, the late Charles Aubrey, 20, and Richard, 27, a filmmaker living his dream in LA.