

the emotionally naked® speaker

This topic is customized based on the audience.

Turning Pain into Purpose

TEDx and emotionally naked storyteller, Anne Moss Rogers, has built a following on the tabooist of subjects—suicide, and the mental illness and addiction that often trigger it. After trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, Charles met heroin, a love/hate relationship that ended with his suicide on June 5, 2015. This presentation is about her journey to healing by dragging an unpopular topic into the spotlight, how giving back has helped her heal, and how a blog community that came together in their shared pain has saved lives in the most surprising and unconventional of ways.

Learning Outcomes:

- How stigma plays a role in substance misuse, and suicide
- The roadblocks loved ones face when trying to navigate the system
- One mom's unconventional way to save lives
- How one can turn grief into action to find a path to healing

For grief audiences:

Turning Pain into Purpose

Description: TEDx and emotionally naked storyteller, Anne Moss Rogers, has built a following on the tabooist of subjects—suicide, and the mental illness and addiction that often trigger it. After trying to find help for her once joyful son and rap artist, including wilderness therapy and therapeutic boarding school, Charles met heroin, a love/hate relationship that ended with his suicide on June 5, 2015. This presentation is about her journey to healing by dragging an unpopular topic into the spotlight, how giving back has helped her heal, and how a blog community that came together in their shared pain has saved lives in the most surprising and unconventional of ways.

Learning Outcomes:

- How stigma played a role in Charles's suicide
- One mom's unconventional way to save lives
- Turning grief into action to find a path to healing
- Forgiving oneself after a loss by suicide

Themes include mental illness, SUD/substance misuse, crisis resources, safety planning, hope, and healing. Anne Moss follows safe messaging [reporting guidelines on suicide](#).