



Anne Moss Rogers The Emotionally Naked® Speaker

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EmotionallyNaked.com

AnneMossRogers.com

UNC-Chapel Hill alumna,
lives in Richmond, VA.



Anne Moss Rogers is a suicide prevention champion. I had the pleasure of presenting with her at a national conference and she received a standing ovation... I have been to this pediatric conference for two decades and I have never seen *any* speaker receive a standing ovation. She was powerful. She was moving.

[*Lisa Horowitz, PhD, MPH, National Institute of Mental Health*](#)



Keynote topics

- Turning pain into purpose
- Social Media, Search & Suicide
- Diary of a Broken Mind (addiction ed + coping skills)

Training

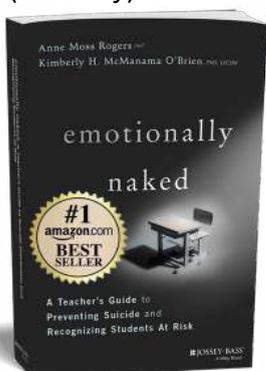
- The Emotionally Naked Truth About Suicide (1-2hrs)
- Youth Suicide: Prevention, Intervention, Postvention (half day)
- safeTALK training (certified trainer, half day)

Breakouts/Workshops

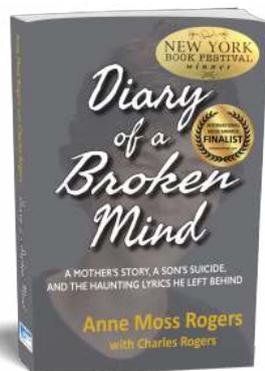
- The Emotionally Naked Truth About Suicide
- Anxiety Workshop
- Coping Strategies for Grief & Loss

PD for Educators

- The Emotionally Naked Truth About Student Suicide
- Youth Suicide: Prevention, Intervention, Postvention (half day)



Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk



Diary of a Broken Mind: A Mother's Story, a Son's Suicide and the Haunting Lyrics he Left Behind

Bio

Anne Moss is her first name. It's a Southern thing. She is an author and an Emotionally Naked® professional speaker and trainer who uses storytelling to educate and help audiences find hope, healing and purpose. The author of two books, she has been featured in the New York Times and was first non-clinician invited to speak at the National Institute of Mental Health on youth suicide.

Despite her family's best efforts, her 20-year-old son, Charles, died by suicide June 5, 2015, after many years of struggle with anxiety, depression and addiction.



Services: Anne Moss offers speaking, consulting, writing, on mental health initiatives. In-person/virtual

Training

Anne Moss is trained in:

- **safeTALK**- Registered suicide prevention trainer
- **ASIST**– Applied Suicide Intervention Skills
- **ASK Workshop**-Identifying suicide risk in young kids 6-14
- **MHFA, YMFA**- Youth Mental Health First Aid
- **Prevention**– Personality-targeted life skills training for youth substance misuse prevention
- **DBT Steps-A in Schools**
- **Trauma-Informed Care Basics**
- **Suicide Survivor Peer Outreach**
- **Gym Neurocognitive Training for Addiction**



DEMO Video & TEDx
AnneMossRogers.com



Testimonials



“Anne Moss Rogers tells her tragedy and healing with passion and love. She relates to young people in a very unique and powerful way that few adults can. Her message is critical to all, particularly the teenage population. We are extremely grateful for her.”
--Cassie Rogers, Health Science Specialty Center Coordinator, Cosby High School

“I’m proud of the Company for prioritizing mental health initiatives and enabling employees to attend. It helps our workplace as well as our communities to provide education and tools to DE employees.”

--Dominion Energy Employee

“This has really been amazing!!!! one of the best trainings ive had so far....”

--Jennifer Kester, Social Work Student, Pennsylvania

“The speaker was able to pour out so much valuable and helpful information because of her own experience. I learned so much, particularly about being a good listener, being aware of possible signs of a troubled person who may be suicidal. I feel more comfortable letting a person know that I care and ask the important question to help them get help!”

--Dominion Energy Employee

“I saw you speak this morning at the NIMH suicide conference, and it was one of the beautiful, raw speeches I have ever witnessed. You were so vulnerable and open and articulate about you and Charles' experiences. Your comment about connectedness, and the lack of it in our current age of social media and technological advances was brilliant. I am truly inspired by you.”

--J.S., Research Assistant, National Institute of Mental Health

“This presentation was fantastic. Holding more of these presentations will help break the stigma of mental illness and promote engaging, transparent conversation.”

--Markel Insurance Employee



“Your presentation was absolutely mesmerizing. It was very factual and for the physicians in the audience, it was an eye-opening experience. We look forward to reading your book.”

--K. Singh Sahni, M.D., FACS, Neurosurgeon, Chair of Neuroscience JW Hospital

but every single word that you said in that classroom that day touched my life. You helped me to wanna keep pushing and strive to even be half as strong as you are. So thank you Mrs. Rogers, thank you so much for sharing your story, and helping me in ways I can't even begin to truly explain.

--15-year-old high school student



Vicki Hutman, CS ICC to Everyone

Wow! Thank you so much! Best speaker on this subject that I have ever heard in 20 years in the "business".

