

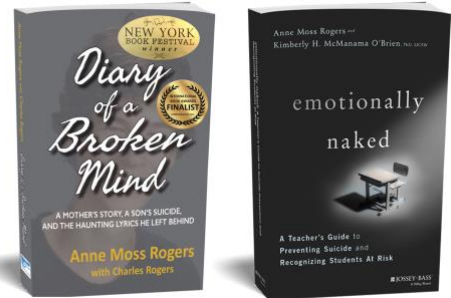
# the emotionally naked® speaker

## Anne Moss Rogers

[AnneMossRogers.com](http://AnneMossRogers.com), [EmotionallyNaked.com](http://EmotionallyNaked.com),  
am@annemoss.com, [6-minute TEDx](#)

### Books, Free eBooks, Resources:

- <https://annemoss.com/shop>
- <https://annemoss.com/resources-2/>
- [Crisis Text Poster](#)



### Signs of Suicide:

What do they say?	How they behave?	What is their mood?
<ul style="list-style-type: none"> <li>• "I just want to die."</li> <li>• "I can't do this anymore."</li> <li>• "I don't want to live."</li> <li>• "I feel so worthless."</li> <li>• "No one would care if I was dead."</li> <li>• "I'm such a burden."</li> <li>• "I feel trapped."</li> <li>• "This pain has to stop."</li> </ul>	<ul style="list-style-type: none"> <li>• Isolate and withdraw (a.k.a. ghosting)</li> <li>• Drink or drug too much</li> <li>• Looking for ways to end their life including online searches</li> <li>• Sleep too much or not enough</li> <li>• Visit or call people to say goodbye</li> <li>• Give away prized possessions</li> <li>• Anger easily or become aggressive</li> </ul>	<ul style="list-style-type: none"> <li>• Depressed</li> <li>• Anxious</li> <li>• Irritable and Angry</li> <li>• Loss of interest</li> <li>• Humiliated shame</li> <li>• Relief and sudden improvement</li> </ul>

Source: American Foundation of Suicide Prevention

In addition, frequent flyers to the school/campus nurse or their PCP with back aches, headaches, broken limbs are potential warning signs etc.

**IF SOMEONE YOU LOVE IS SUICIDAL**

INSTEAD OF SAYING THIS..... SAY THIS...

You have so much to live for! → Tell me more about how you feel

What about your family? → Tell me about your sister/brother etc

Promise me you won't attempt suicide → It's sounds as if you are really hurting. Tell me more.

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**IF YOUR LOVED ONE IS STRUGGLING WITH ADDICTION**

INSTEAD OF SAYING THIS..... SAY THIS...

I can't love you if you are using → As much as I want you to get well, I love you even if you don't

Why can't you stop drinking? → I'm sorry you suffer from this disease

Using suboxone is trading one drug for another → If you need meds to stay in recovery, I'm here to support you

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### Question to ask

Older children

"Are you thinking of suicide?"

Younger children

"Are you thinking of making yourself dead?"

## What to do if you suspect a person is thinking of suicide:

(You can skip to #4 if you are just not up to it that day.)

1. Engage in a private conversation.
2. Listen with empathy, w/out “fixing.”
3. Ask the Question- “Are you thinking of suicide?”
4. Connect young person with help.

## Suicide Prevention and Postvention Resources for Schools & Universities

- [After a Suicide: A Toolkit for Schools- Second Edition](#)– From NASP, NASSP, ASCA
- [Postvention Guide for Colleges](#) – From JED Foundation & Higher Education Mental Health Alliance (HEMHA) Project
- **K-12 School Policy-** [Model School Policy on Suicide Prevention: Model Language, Commentary, and Resources](#)
- **Association of Recovery in Higher Education** (addiction support for students in recovery) - [CollegiateRecovery.org](#)

## Podcast:



**Cult of Pedagogy:** Suicide Prevention: What Teachers Can Do  
With Anne Moss Rogers & host, Jennifer Gonzalez  
Podcast with 9 million downloads

<https://www.cultofpedagogy.com/suicide-prevention/>

[Podcast Library of interviews with Anne Moss](#)

## Resources for those who struggle w/ suicidal thoughts

- **Article:** [How to tell a parent I want to die](#), The Mighty:
- **Article:** [How to tell someone you want to kill yourself](#)
- **Book-** [How to not kill Yourself: a personal guide for embracing life](#)
- **Book-** [How I Stayed Alive When My Brain Was Trying to Kill Me: One Person’s Guide to Suicide Prevention](#)
- **Video:** [Stop, Drop & Roll for Emotional Emergencies](#)
- **Podcast:** [From Suicidal to Inspired: Interview with Kevin Hines, Greg Van Borssum, and Matt Runnells](#) – The Social Work Podcast. Three men who have struggled with thoughts of suicide and how they manage these thoughts.
- **Apps:** [Not OK app](#), [Most Days app](#)

## Support for Families

- **NAMI Family Support Groups**  
<https://www.nami.org/Support-Education/Support-Groups/NAMI-Family-Support-Group>
- **Families Anonymous** (When substance misuse is an issue)  
<https://www.familiesanonymous.org/wp-content/uploads/2021/11/US-Meeting-Locator.pdf>
- **NAMI Family to Family 8 Week Class**  
<https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Programs?classkey=a1x36000003TN9YAAW>
- **Find a Suicide Loss Support Group, AFSP** (American Foundation of Suicide Prevention)  
<https://afsp.org/find-a-support-group/>

## When are youth most vulnerable?

Suicide is never the result of just one risk factor but a constellation of risk factors that converge at once. These are vulnerable times that can trigger attempts in vulnerable individuals. Sort of a “last straw” event.

- **During Transitions and Mini Transitions** e.g., Elementary school to middle school, middle to high, high to college. Back-to-school, from school to winter break or spring break, moving, deployment of a parent, any other major changes
- **After a Relationship Disruption** e.g., fights (friend, bf/gf, parent, sibling), parent divorce, romantic breakups, grief/loss including pets
  - **Solution:** Set expectations, do anonymous surveys so students know they are not alone in how they feel, model coping strategies, get their ideas for healthy coping, embed SEL strategies into everyday curriculums, elevate voices from the margins

## Crisis Lines

Prevention Lifeline 988

Crisis Text 741-741

Crisis Line for LGBTQ Youth 1-866-488-7386

Crisis Text for LGBTQ Youth 678-678

TransLifeline 1-833-456-4566

USA Suicide Prevention Lifeline & Chat for the Deaf or Hearing impaired. Or dial 711 then 1-800-273-8255

Forum for LGBTQ Students Trevor Space- <https://www.trevorspace.org/>

## Articles on Emotionally Naked

- 'My son has admitted he is suicidal. What do I do now?'
- They said they're thinking of suicide. What now?
- A friend posted a message online that sounds suicidal. What do you do or say?
- Help your Grieving Teenager
- What do you say to parents who have lost a child?
- How does it feel to lose a loved one to suicide?
- Creating a Safety Plan. Hacks for the rest of us.
- How soon should you go back to work after loss of a child?
- Say this not that (quick reference tools on what to say/not to say)

### For educators

- [What does a school counselor say to a parent who refuses to support a suicidal child?](#)
- [After a suicide at a school or college. What do you do?](#)
- [Support Students Grieving a Suicide Loss- 7 Important Strategies for Educators](#)
- [Scripts on how teachers facilitate discussion with their class after a suicide](#)
- [How does someone go back to school after a suicide attempt?](#)

**NIMH ASQ Suicide Screening Tool-** <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials>

## Gatekeeper training

- **safeTALK Training** (in person) <http://safetalktraining.com>
- **LivingWorks Start** (virtual) <https://www.livingworks.net/start>
- **Kognito** (Conversation practice) <https://kognito.com/products>
- **QPR Training** (in person or virtual) <https://qprinstitute.com/>

## Professional Development for Educators

- **Student Suicide Prevention, Intervention, Postvention**, half day training (3.5-4 hours, in person and virtual)
- **PD: The Emotionally Naked Truth About Student Suicide** (1.5-2 hours, virtual and in person)
- **Anne Moss Rogers' One Sheet** with keynote topics, workshops, breakouts - <https://annemossrogers.com/wp-content/uploads/2022/06/AnneMossRogersOneSheet-web.pdf>

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**Training:**

- safeTALK® Registered suicide prevention trainer
- ASIST® Applied Suicide Intervention Skills
- ASK® Workshop Identifying suicide risk in young kids 6-9
- MHFA, YMF/A Youth Mental Health First Aid
- PeerTrainers® - Personally trained the skills training for youth substance misuse prevention
- DIT® Steps-A in Schools® DIT® with Training Informed Care Basics
- Suicide Survivor Peer Outreach
- Gym Neurocognitive Training for Addiction

**Student Suicide Prevention, Intervention & Postvention**  
Training, Professional Development, or for a Preconference Workshop, 3.5-4 hours.

**Part I – Prevention**

- Signs to look for in students ages 6-25, in artwork, on social media sites, and papers
- Case studies of how teachers have integrated coping and critical thinking into their curriculum
- Creating a suicide safe environment

**Part II – Intervention**

- What to say, what to do, scripts and role play on how to respond
- Examples of protocols in school settings
- What to say to parents, laying the groundwork to normalize these conversations, and actual scripted responses in difficult situations

**Part III - Postvention**

- The top errors most administrators make after a school suicide that put vulnerable students at risk
- How to support staff and students in their grief after a suicide
- What to disclose to the parent of a deceased child
- What educators can say to students who accuse teachers of lying when the parents have chosen not to disclose the cause of death
- How to prevent contagion and cohort suicide
- Memorial guidelines and creating a commemoration policy

**Bio**  
Anne Moss is her first name. It's a Southern thing. She is a TEDx storyteller, an author and an Emotionally Naked® professional speaker and trainer who educates and helps substance find hope, healing and purpose. The author of non-fiction books, she has been featured in the New York Times and was first non-fiction finalist 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.

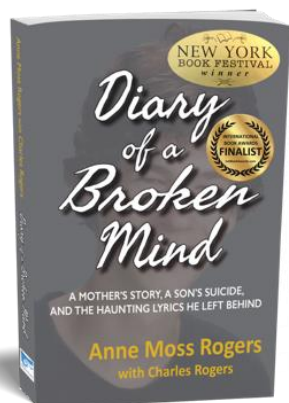
**Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk**  
**Diary of a Broken Mind: A Mother's Story, A Son's Suicide and the Haunting Lyrics He Left Behind**

## Bulk Orders for Anne Moss's Books

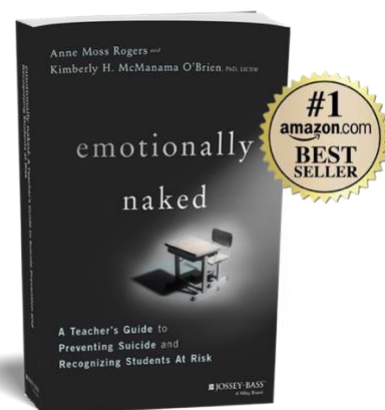
- **Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk**, Wiley Publishing, Contact Victoria Finley: [vfinley@wiley.com](mailto:vfinley@wiley.com)
- **Diary of a Broken Mind: A Mother's Story, A Son's Suicide and the Haunting Lyrics He Left Behind**, Award-winning memoir from Beach Glass Books Publishing, Contact Ray McAllister: [ray@raymcallisterbooks.com](mailto:ray@raymcallisterbooks.com)

## Emotionally Naked Books, Free eBooks and eKits

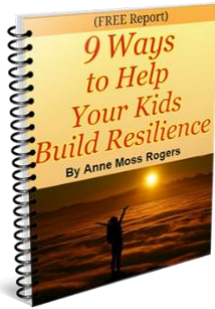
To see all that is available, go to <https://annemoss.com/shop/>



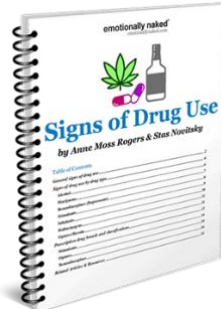
[Diary of a Broken Mind; A Mother's Story, a Son's Suicide and the Haunting Lyrics He Left Behind](#)—  
2020 New York Book Festival Winner.  
Beach Glass Books. \$16.95



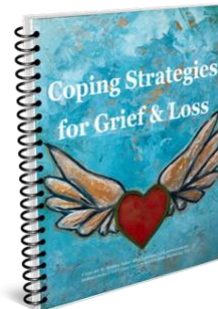
[Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#) Publishes August 24, 2021.  
Preorder now. Wiley Publishing. \$29.95



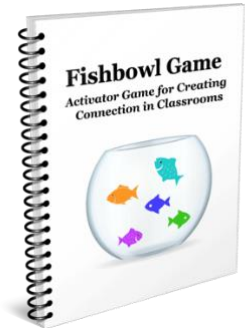
Free eBook- [9 ways to Help Your Kids Build Resilience](#)



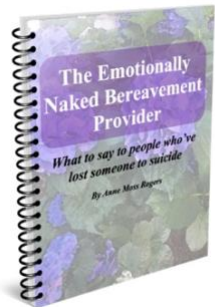
Free eBook [Signs of Drug Use Report](#)



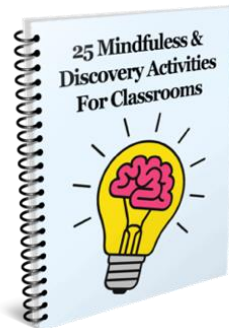
Free eBook- [Coping Strategies for Grief & Loss](#)



Free eBook: [Fishbowl Game: Activator Game for Creating Connection in Classrooms](#)



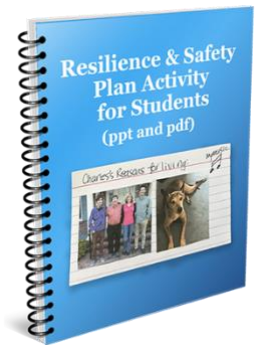
Free - [The Emotionally Naked Bereavement Provider: What to say to people who've lost someone to suicide](#)



Free eBook: [25 Mindfulness & Discovery Activities- Fun activators for classrooms](#)



Free ekit: [Grief Journey in a Jar Kit: Once-a-day inspiration for a parent who has lost a child](#)



Free eBook: [Resilience & Safety Plan Activity for Students \(pdf & ppt\)](#)

## SOCIAL MEDIA LINKS TO ANNE MOSS

- LI: <https://www.linkedin.com/in/emotionallynaked/>
- TW: <https://twitter.com/AnneMossRogers>
- FB: <https://facebook.com/EmotionallyNaked>
- YT: <https://youtube.com/c/AnneMossRogers/>
- IG: <https://www.instagram.com/annemossrogers/>