

Turning Pain into Purpose: Surviving a Son's Depression, Addiction & Suicide



Anne Moss Rogers
Mental Health Education Expert



1

Resources: <https://resourcedocs.gr8.com/>

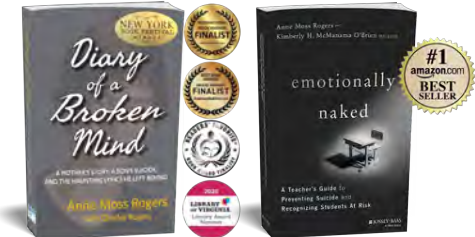


Emotional Content

**Suicide & Crisis
Lifeline 988**

**Crisis text line
741-741**

Virginia Warm Line: 866-400-6428



2

<https://www.warmline.org/>

Books: <https://mentalhealthawarenesseducation.com/mental-health-books/>



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About Charles: <https://annemoss.com/about/about-charles/>



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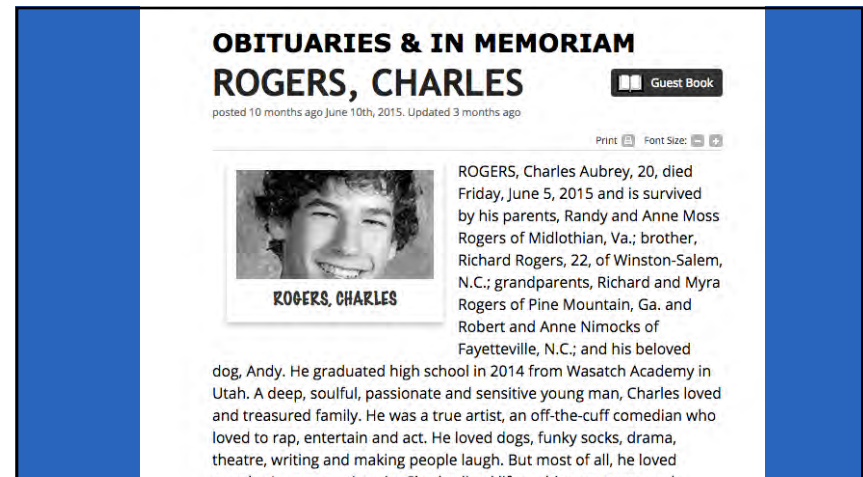
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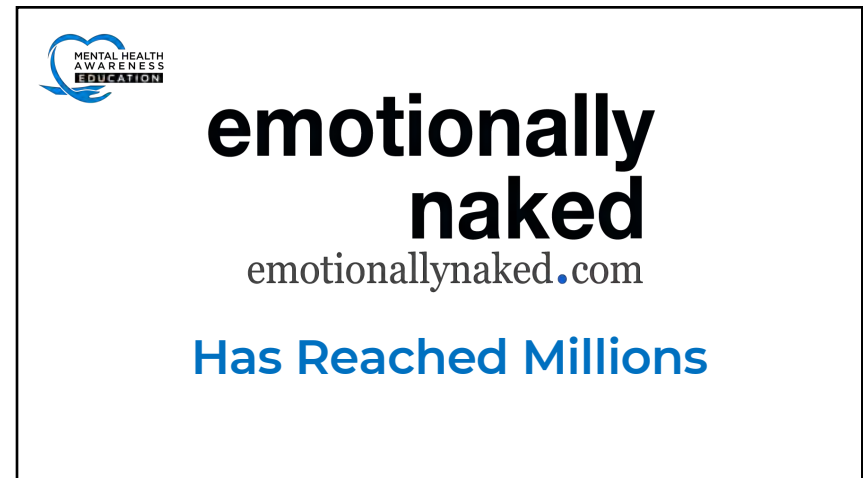
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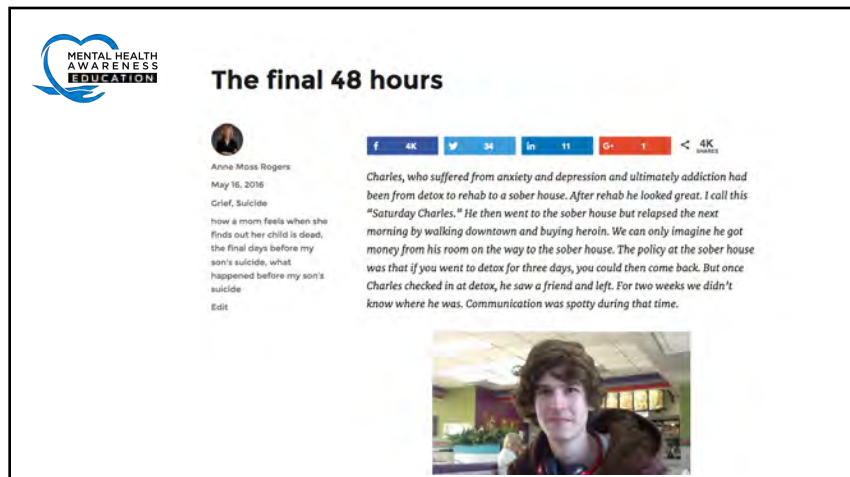
8



- 9 Article PDF Because the paper is blocking it with a paywall
<https://annemoss.com/wp-content/uploads/richmond.com-Honoring-son-who-died-by-suicide-is-not-the-end-of-my-story.pdf>



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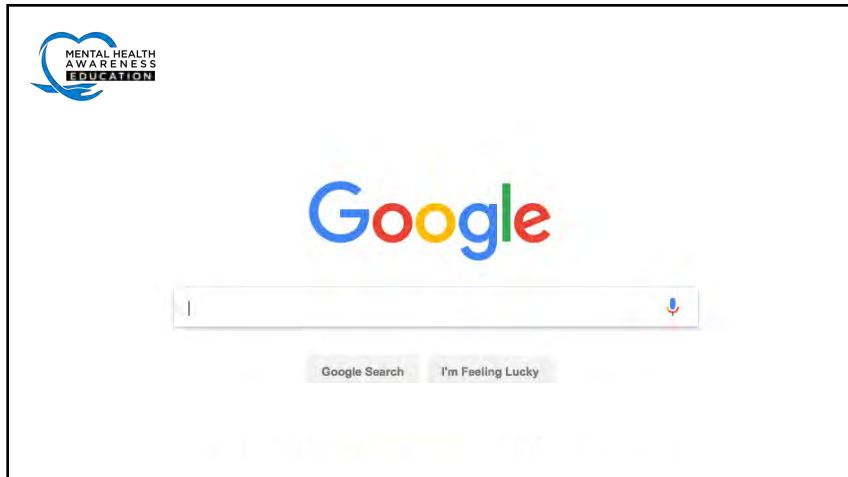


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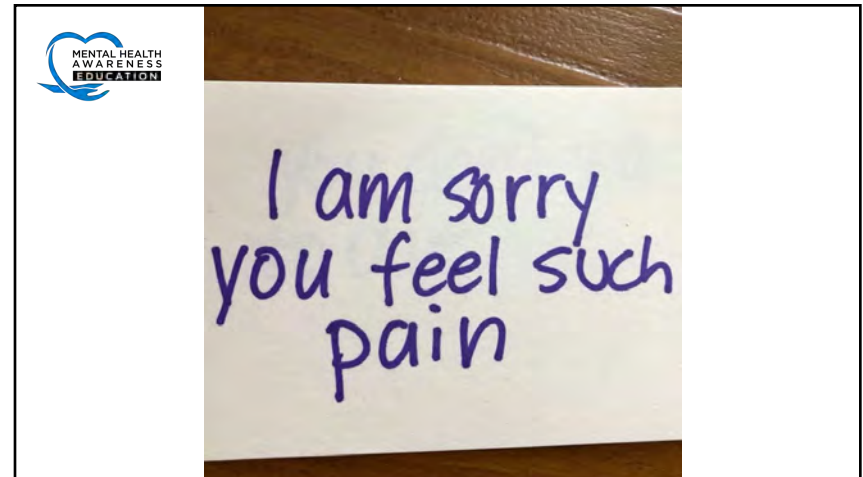
The Final 48 Hours: <https://annemoss.com/2016/05/16/final-48-hours/>



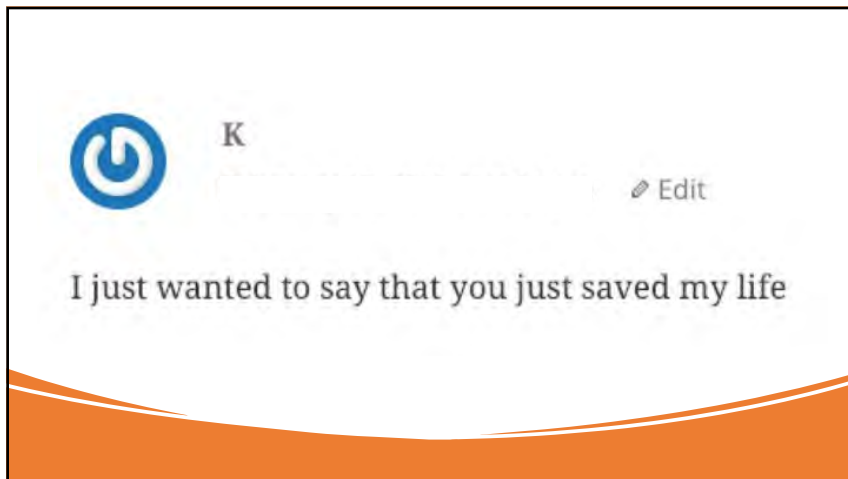
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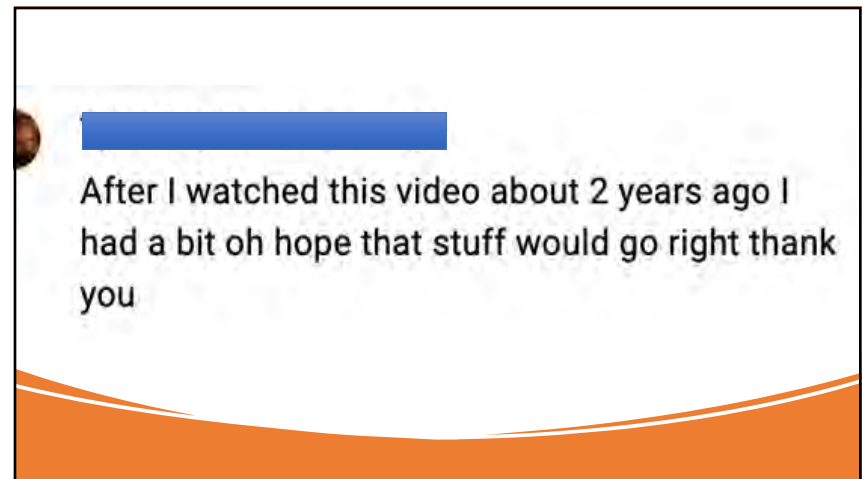
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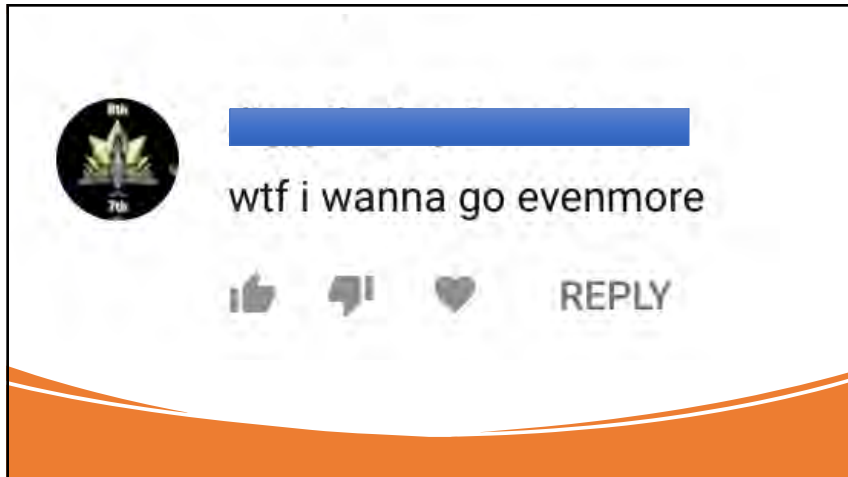
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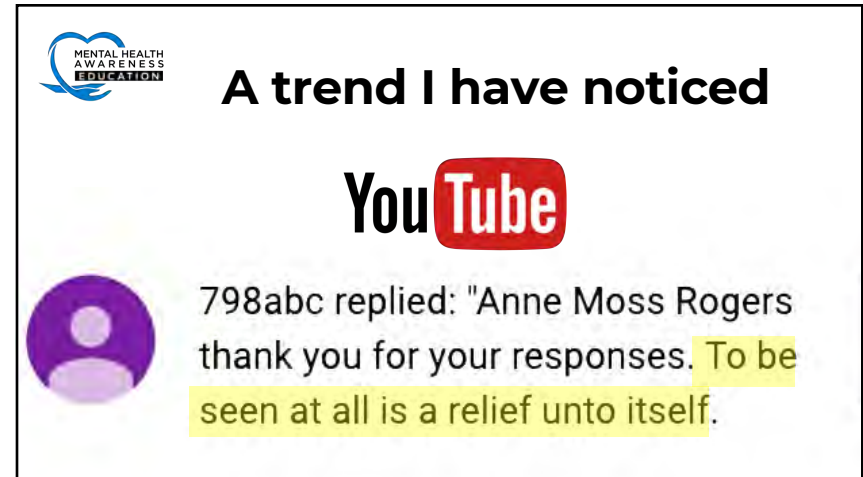
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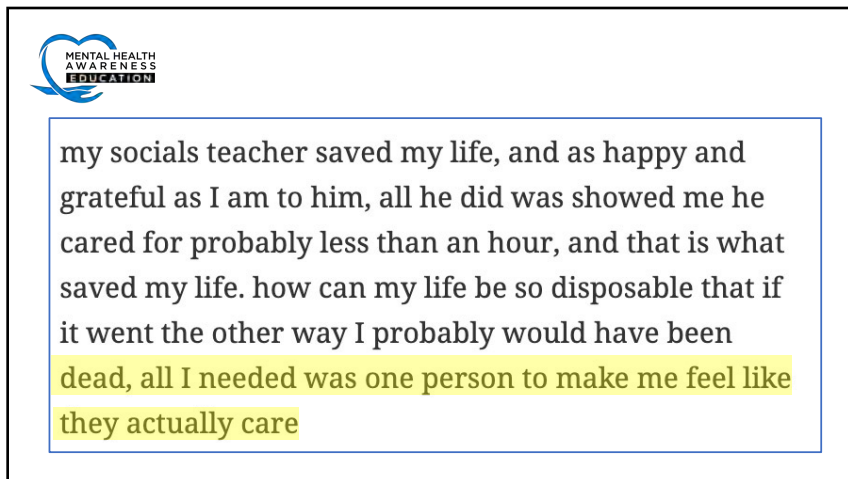
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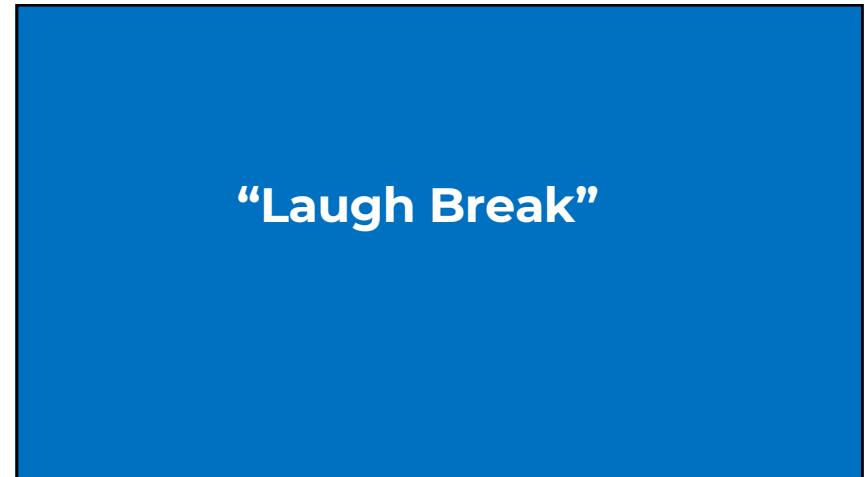


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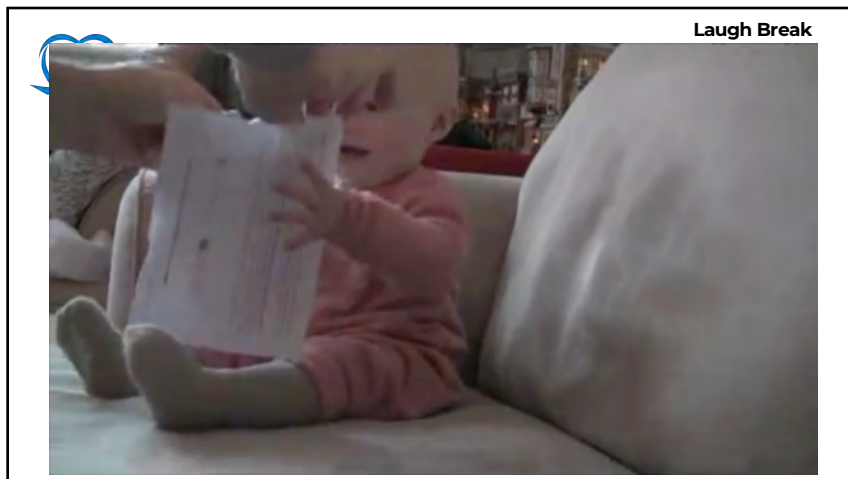
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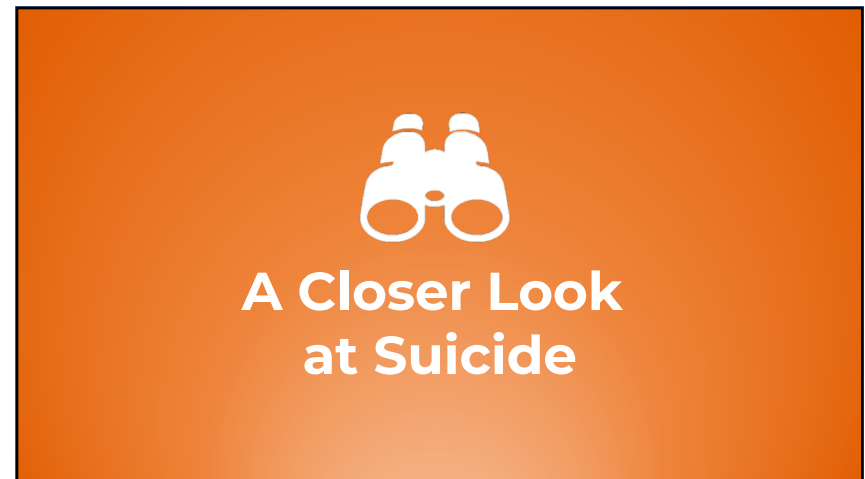
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Committed

“Died by suicide.”

“Ended his life.”

“Killed himself.”

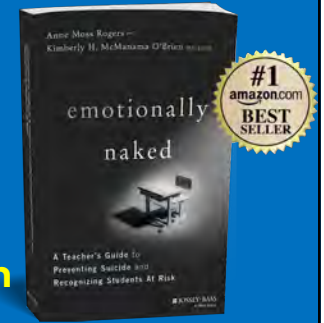
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When are people most at risk?

- **Transitions, Mini Transitions**
- **Relationship Disruption**

Dr. Victor Schwartz, Former CMO, JED Foundation



26

- Ghosting/Isolating
- **Drinking/drugging** ↑
- Behaving Recklessly
- **Falls asleep in class/at work**
- Drop in performance
- **Gives away possessions**
- **Frequent medical visits**
- **Talks about death a lot**

27



28



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Talk:

- “I’m such a **burden**”
- “I can’t do this anymore”
- “I am so worthless”
- “I feel so numb”
- “I feel so overwhelmed...”

30



**What do
you say?**

31

Say this:
“Tell me about
how you feel, I’m
listening”

Not that:
“You have so
much to live for!”

#SayThisNotThat

32

Ask the Question

“Are You Thinking of Killing Yourself?”

33

Ask the Question- Younger Kids

“Are You Thinking of Making Yourself Dead?”

34

If You Think Someone is Struggling w/ Suicide

-  1. Have a private conversation
-  2. Listen w/ empathy, no “fixing”
-  3. Ask, “Are you thinking of suicide?”
-  4. Connect person w/ help.

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Grief Journey

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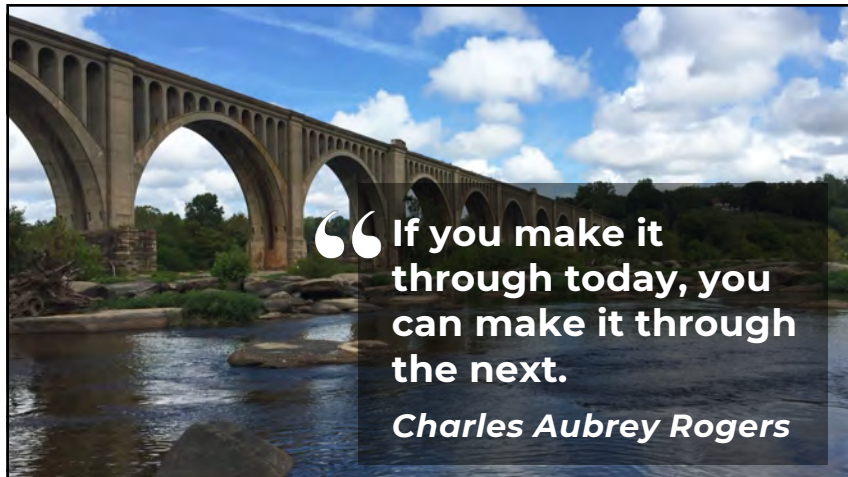
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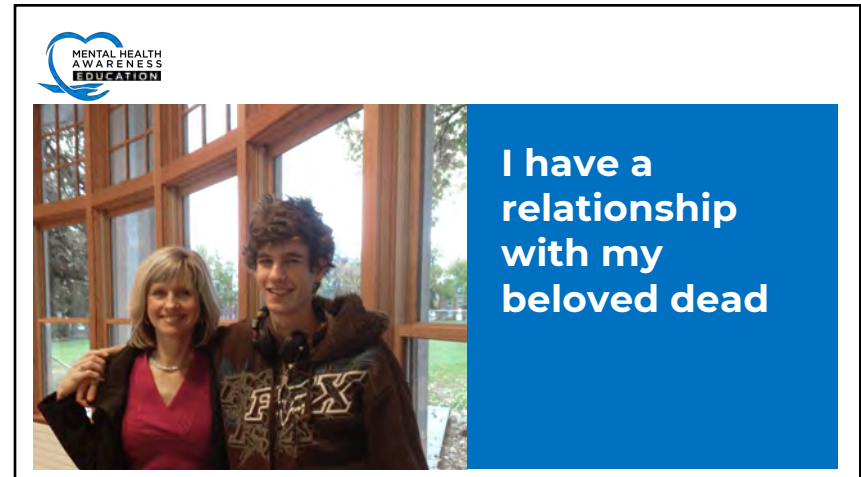
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43 [AnneMoss's TEDx](#). Leave a comment!



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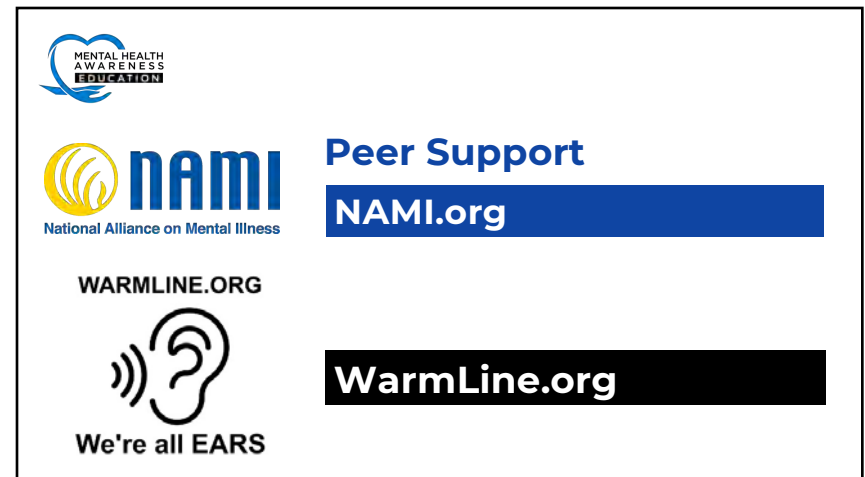


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[For Resources, Click the QR Code](#)



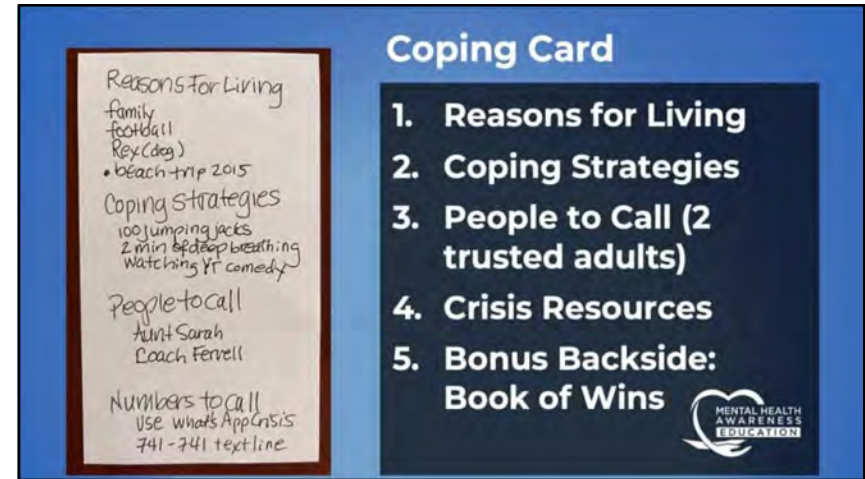
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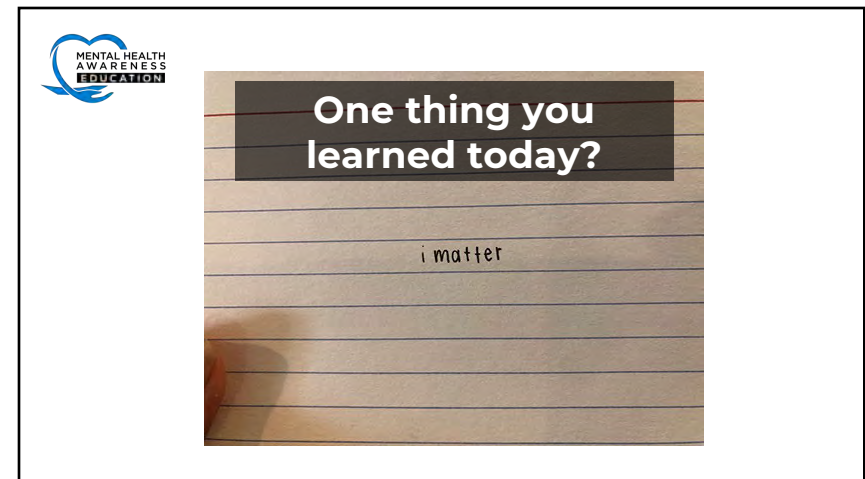
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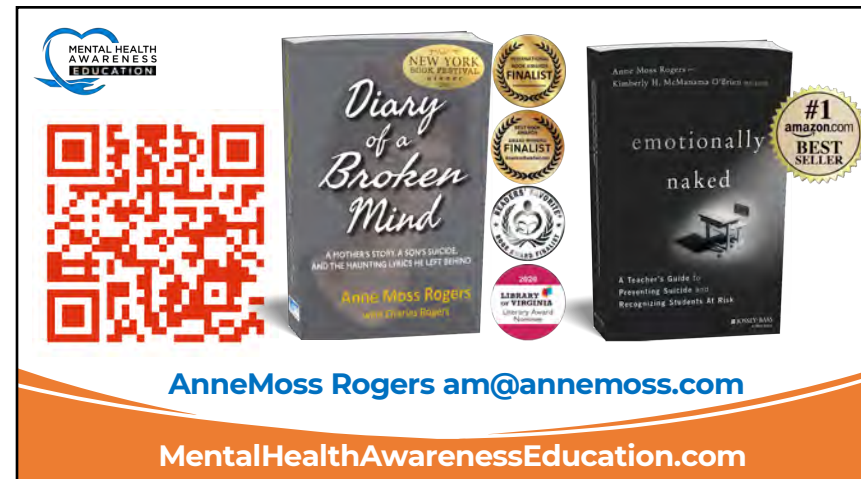
51 Resources include the coping card, this eBook, video above and more. Click the QR code to get resources.



52



53



54

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