

the emotionally naked® speaker

Anne Moss Rogers

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

Source: American Foundation of Suicide Prevention

In addition, frequent flyers to the school nurse or their PCP with back aches, headaches, broken limbs etc. can be at higher risk.

IF SOMEONE YOU LOVE IS SUICIDAL

INSTEAD OF SAYING THIS..... → **SAY THIS...**

You have so much to live for!

What about your family?

Promise me you won't attempt suicide

Tell me more about how you feel

Tell me about your sister/brother etc

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

Why can't you stop drinking?

Using suboxone is trading one drug for another

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

I'm sorry you suffer from this disease

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?"

Advising for Universities from JED foundation-They will do one on one advisement regarding policy, mental health and suicide prevention policies and procedures.

<https://jedfoundation.org/knowledge-advising/>

What to do if you suspect a young 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. “Andres, you said unhappy thoughts could cause a person to die. Do you have unhappy thoughts?”, “Tell me more about how you feel.” “How long have you felt this way?”
Meet the person where they are...
3. **Listen with empathy, w/out “fixing.”** Listening with empathy is the most important step in this process. The greatest gift you can offer another human is to allow them to feel heard.
4. **Ask the Question- “Are you thinking of suicide?”** (or “Are you thinking of making yourself dead?” in the case of younger children which should be preceded by questions asked in a curious and not accusatory way, “Tell me why you drew yourself dead, Sebastian?”)
5. **Connect young person with help (Don’t send them alone! Escort the child).** Schedule assessment? Create a safety plan? Call parent?

Companion Podcast:

Cult of Pedagogy: Suicide Prevention: What Teachers Can Do

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



SUPPORT FOR FAMILIES (NAMI= National Alliance of Mental Illness)

- **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**
<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 at risk?

(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 act as triggers to attempts.)

- **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 student anonymous surveys so kids know they are not alone in how they feel, model coping strategies, get their ideas for healthy coping, embed SEL strategies into everyday curriculums

Crisis Lines

Prevention Lifeline 1-800-273-8255 (July 15 this becomes 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/>

Warm Lines

- **Illinois Warm Line** (866) 359-7953, M-S, 8 am – 8 pm
- **Crisis Line of Fox Valley:** Provides assistance to persons with a wide variety of needs and concerns: Depression, Anxiety, Loneliness, (630) 966-9393, 24/7
- **AID Crisis Text Line:** Provides help for those in need of mental health support and referrals to other human service agencies in the area for needs such as financial guidance, health care support, legal quandaries, shelter locations, support groups and more. 833-AID-TEXT (833-243-8398), 24/7

Articles

Suicide prevention resources <https://annemoss.com/resources-2/suicide/>

- [After a suicide at a school or college. What do you do?](#)
- [Creating a Safety Plan. Hacks for the rest of us.](#)
- [What does a school counselor say to a parent who refuses to support a suicidal child?](#)
- [A friend posted a message online that sounds suicidal. What do you do or say?](#)
- [Self-Harm Safety Box](#) (for self-harm)
- [‘My son has admitted he is suicidal. What do I do now?’](#) (Helpful for parents)
- [Support Students Grieving a Suicide Loss- 7 Important Strategies for Educators](#)
- [Scripts on how teachers facilitate discussion with their class after a suicide](#)
- [After a suicide at a school or college. What do you do?](#)
- [How does someone go back to school after a suicide attempt?](#)
- [Say this not that](#) (quick reference on what to say/not to say)
- [Eating Disorder Posts on Emotionally Naked](#)

How to Tell Someone I want to die

- **How to tell a parent I want to die, The Mighty:** <https://themighty.com/2016/12/how-to-tell-your-parents-you-want-to-die/>
- **How to tell someone you want to kill yourself:** <https://annemoss.com/2020/02/26/how-to-tell-someone-i-want-to-kill-myself/>

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

Suicide Prevention Resources for Schools & Universities

- Free evidence-based postvention guide in PDF- [Postvention Guide for Colleges](#) – From JED Foundation & Higher Education Mental Health Alliance (HEMHA) Project
- Free evidence-based postvention guide in PDF- [After a Suicide: A Toolkit for Schools- Second Edition](#)– From NASP, NASSP, ASCA
- K-12 Schools School Policy- [Model School Policy on Suicide Prevention: Model Language, Commentary, and Resources](#)

GATEKEEPER TRAINING

QPR Training- <https://qprinstitute.com/>

safeTALK Training <http://safetalktraining.com>

LivingWorks Start <https://www.livingworks.net/start>

Kognito (Conversation practice) <https://kognito.com/products>

EVIDENCE-BASED SUICIDE PREVENTION PROGRAMS FOR SCHOOLS

JED High School (Anne Moss's top pick. This can complement the other programs.)
<https://jedfoundation.org/our-work/jed-high-school/>

Sources of Strength
<https://sourcesofstrength.org/>

SOS Signs of Suicide
<https://sossignsofsuicide.org/parent/signs-suicide-program>

Professional Development for Teachers

- PD: The Emotionally Naked Truth About Student Suicide- [Get the sample pdf here](#)
- Anne Moss Rogers' One Sheet - <https://annemoss.com/wp-content/uploads/One-Sheet-AnneMossRogers-education-2021.pdf>



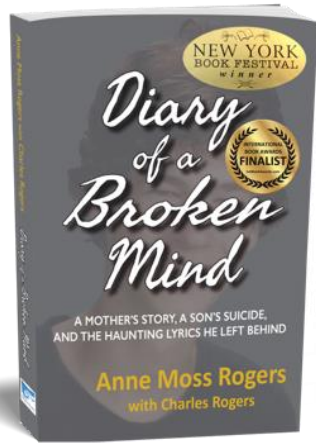
One Sheet

Bulk Orders for Books

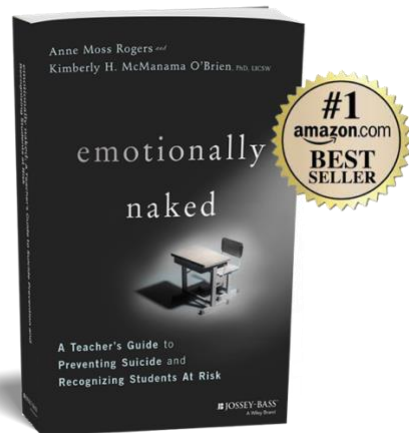
- [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#), Wiley Publishing, Contact Victoria Finley: vfinley@wiley.com
- [Diary of a Broken Mind: A Mother's Story, A Son's Suicide and the Haunting Lyrics He Left Behind](#), Award-winning memoir from Beach Glass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

Emotionally Naked Books and Free eBooks and eKits

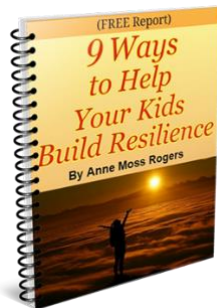
To see all that is available, go to <https://annemoss.com/shop/>



[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



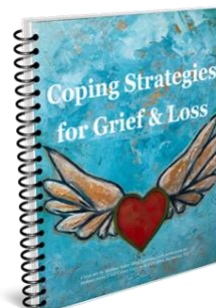
[Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#) Publishes August 24, 2021.
Preorder now. Wiley Publishing. \$29.95



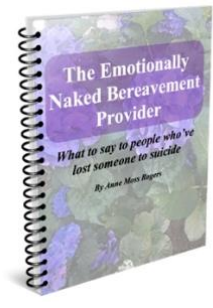
Free eBook- [9 ways to Help Your Kids Build Resilience](#)



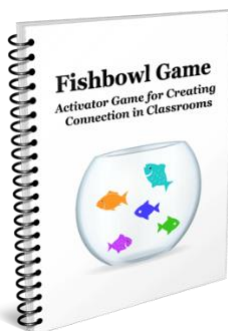
Free eBook
[Signs of Drug Use Report](#)



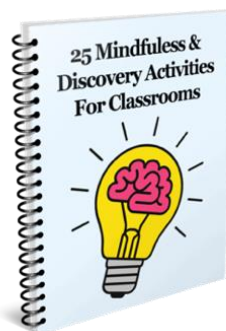
Free eBook- [Coping Strategies for Grief & Loss](#)



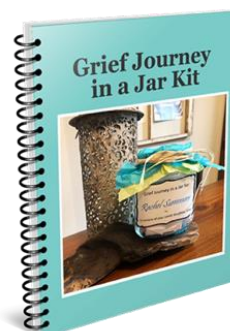
Free - [The Emotionally Naked Bereavement Provider: What to say to people who've lost someone to suicide](#)



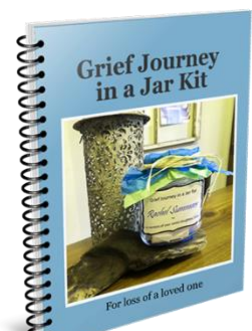
Free eBook: [Fishbowl Game: Activator Game for Creating Connection in Classrooms](#)



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 ekit: [Grief Journey in a Jar Kit: Once-a-day inspiration for someone who has lost a loved one](#)