

Mitch McPherson – SPEAK UP! Stay ChatTY

Few people have the drive and dedication of Mitch McPherson. When his younger brother Ty took his own life in 2013, Mitch, a glazier by trade, turned the devastating loss into the successful suicide prevention charity SPEAK UP! Stay ChatTY.

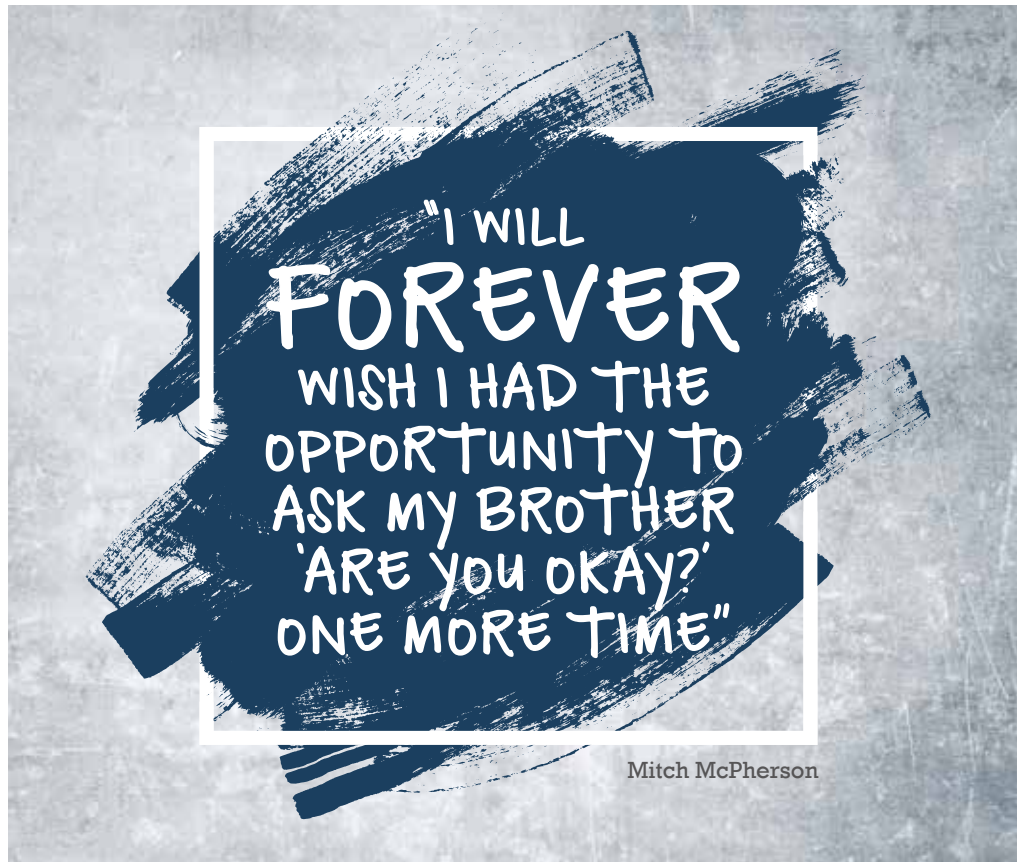
Since then, Mitch has spoken to over 600 events which include school groups, workplaces and sporting clubs and is dedicated to spreading the message that nothing is so bad that you can't talk about it. Through partnering with key community groups, businesses and sporting identities SPEAK UP! Stay ChatTY has over 22,500 likes on its Facebook page, and this support continues to grow daily.

Since 2014 Mitch has partnered with Relationships Australia Tasmania, to ensure that the message of SPEAK UP! Stay ChatTY continues to grow.

Mitch's vision is that SPEAK UP! Stay ChatTY will become a national charity, with a focus on delivering programs in schools and sporting clubs around Australia to increase awareness and remove the stigma surrounding mental health.

Mitch's list of personal achievements since creating the charity continue to grow. Since 2013, Mitch has been awarded the following:

- Clarence Citizen of the Year Award in 2014
- Tasmanian of the Year finalist 2014



Mitch McPherson

- Southern Cross Young Achiever, Heather and Christopher Chong Community Service Award 2015
- Tasmanian Pride of Australia Medal for Community Spirit 2015
- Southern Cross Young Achiever, St Luke's Healthier Communities Award 2016
- Premier's Young Achiever of the Year Award 2016
- Red Herring Surf Communities in Action for Suicide Prevention LIFE Award 2016
- 2016 Tasmanian Community Achievement Award winner for 'Healthier Communities'
- 2017 Tasmanian Young Australian of the Year.



Expand your knowledge and be inspired to action after hearing Mitch's story of losing his brother to suicide.



Relationships Australia
TASMANIA

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