

# SPEAK UP! Stay ChatTY Presentation

**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.

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.



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



Mitch McPherson

## Mitch's Presentation covers:

- Personal story (How losing my brother to suicide affected us all)
- Signs we missed in him that he was struggling
- Chances we missed to ask is everything ok
- Starting the charity (the sticker, tour de tig, partnering with Relationships Australia Tas)
- Stay ChatTY Video
- Breaking down the stigma
- It is ok to ask for help
- Listening
- Where to find help

All of the above can be done between 30-45 minutes.

**We acknowledge that the subject of suicide may be difficult for many people. Mitch delivers his personal story with sensitivity, and in alignment with existing best practice guidelines for safe language.**



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