



SPEAK UP! Stay ChatTY Community Presentation

SPEAK UP! Stay ChatTY's Community Presentation delivers key messages about mental health and suicide to community groups and workplaces around Tasmania.

The Community Presentation is an evidence-informed session focusing on increasing awareness about mental health and suicide, reducing stigma, and encouraging conversation and help-seeking.

The presentation includes a lived experience video of Stay ChatTY founder Mitch McPherson sharing his personal story of bereavement by suicide.

Presentation structure

The Community Presentation runs up to 1hr and is facilitated by a Stay ChatTY trainer.

Topics we cover include:

- What is Stay ChatTY?
- What is mental health?
- Signs and symptoms of mental health issues
- Risk and protective factors for suicide

- Warning signs for suicide
- Mitch's story of losing his brother to suicide
- Supportive conversations
- Positive language
- Where to get help

Safety

Stay ChatTY acknowledges that discussing mental health and suicide can be difficult for many people. Stay ChatTY delivers this presentation with sensitivity and in line with existing best practice guidelines for safe language.

While there is nothing graphic in the story, Mitch's personal experience can be confronting for some. Session participants are encouraged to think critically about their readiness to attend the session. Information about available support services will be provided.

Find out more

For more information about the Stay ChatTY Community Presentation or to make a booking visit www.staychatty.com.au.



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