



Mitch McPherson Lived Experience 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 movement **SPEAK UP! Stay ChatTY**.

At just 25 years of age, Mitch decided to draw a positive out of his family's loss, by creating awareness through a simple car sticker. A pair of footy shorts, a nod to his late brothers' passion for short shorts, with the slogan 'SPEAK UP! Stay ChatTY.' A clear message to encourage us all to turn our attention to mental health, chat about it and enact change.

Partnering with key Tasmanian community groups, businesses, sporting identities, and formally with Relationships Australia Tasmania in 2017, SPEAK UP! Stay ChatTY is now recognised as a leading mental health organisation in Tasmania with programs in schools, sporting clubs and various workplaces and community groups.

His presentation aims to expand community knowledge, inspire action and change, and to encourage open and honest conversations around mental health and suicide.

Mitch openly shares his story of loss and grief through his unique presentation, taking his audience on a moving journey around devastation, finding purpose, self-belief, and ultimately leaving those in his presence with a determination to be there more for yourself, and for those you care about.

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.



Mitch's Presentation Covers:

1. Personal Story - a firsthand experience of suicide bereavement
2. The journey from tradie to mental health advocate
3. Overview of mental health; what it is and what to look out for
4. 5 ways we can all make a difference

“ Thank you, Mitch. For something that has always been seen as a taboo subject, I believe you and your organisation have managed to open the doors and I can see how your talk can inspire real change and save lives.

- Testimonial ”



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TASMANIA

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