

Impact report 2025



Relationships[™]
AUSTRALIA · TAS





From Mitch

As we enter a new, 2026 chapter, I find myself filled with immense gratitude and pride for what the SPEAK UP! Stay ChatTY community has achieved together.

The continued unwavering commitment and generosity from so many Tasmanians, are the engine that drives our vital work, allowing us to further connect, educate, and ultimately continue making change.

This past year has been one of extraordinary milestones, proving that Stay ChatTY continues to be a leader here in Tasmania when it comes to mental health and suicide prevention.

2025 Highlights and Achievements

In 2025, we have significantly expanded our reach and impact, thanks to your support:



The return of the Gala Ball

We were thrilled to host our iconic Stay ChatTY Gala Ball once again. This unforgettable night of connection and commitment resulted in raising over \$102,000, which will fuel our programs into the new year.

Building a new program

We worked on the development of an essential new program specifically tailored for the construction industry, developed in proud collaboration with our great friends at the Fairbrother Foundation and Master Builders Tasmania. This initiative is a critical step in normalizing mental health conversations in high-risk environments in the trade industry.



Expanding our Training Toolkit

To ensure we're equipping our community with the latest skills, we introduced several new training sessions. These include the MHFA Refresher, the strategic MHFA Engaging Leaders session, and the highly practical Communicating with Confidence workshop.



Community Driven Impact

The spirit of grassroots support shone brightly in 2025 with over 50 individually driven peer-to-peer fundraisers (outside of our main Shorts Day event). These creative and passionate efforts underscore the fact that everyone can be a champion for mental health.



“These achievements are a testament to the power of a caring community. As you read through this Impact Statement, know that every statistic, every story, and every life touched is a direct result of your compassion and support.

Thank you for helping us make our voices heard.”

Mitch McPherson

Founder, SPEAK UP! Stay ChatTY

This is what was made possible

193 presentations and programs delivered
with **5,683** attendees involved



Over **114,000** **SPEAK UP! Stay ChatTY** shorts
acting as a visual reminder to check in on yourself, and check in on someone else.

The Gala Ball returned to Hobart and raised over **\$102K** for mental health advocacy in Tasmania



Stay ChatTY was selected for the

Recycle REWARDS Scheme
which launched in Tassie this year



23,000+ officially registered for Shorts Day

Tasmanians (and 'mainlanders'!) braved the cold, and the conversation with us, with the official support of our event partner, RACT.



with your support



A fully wrapped
Stay ChatTY bus
is travelling the state, courtesy of
Metro Tasmania and Go Transit Group

A new program designed to support the
construction industry
is in development, supported by the
Fairbrother Foundation and Master Builders Tasmania.



The team at **Francesca Jewellery** released a brand-new

Awareness Bracelet

in September in support of Stay ChatTY, with \$20 from every sale being directed towards our mission – and they're aiming to reach \$40,000!



Banjo's customers across Tasmania helped raised some serious dough, with an outstanding

\$47,210.90
donated from Banjo's Month

We delivered

12 Standard Mental Health First Aid trainings

which saw **206** MHFAiders accredited

We also added the Mental Health First Aid Refresher training, and the Mental Health First Aid – Engaging Leaders session to our training offering due to high demand, and engaged with 60 leaders in the community.



Over

50 peer-to-peer fundraisers were organised

including **110** marathons ran in 110 days

by Trent Henderson, our longest standing mental health round between Clarence FC and Lauderdale FC now involving men's and women's matches, and the first statewide mental health round organised in partnership with Hockey Tasmania.

Sessions delivered and attendance

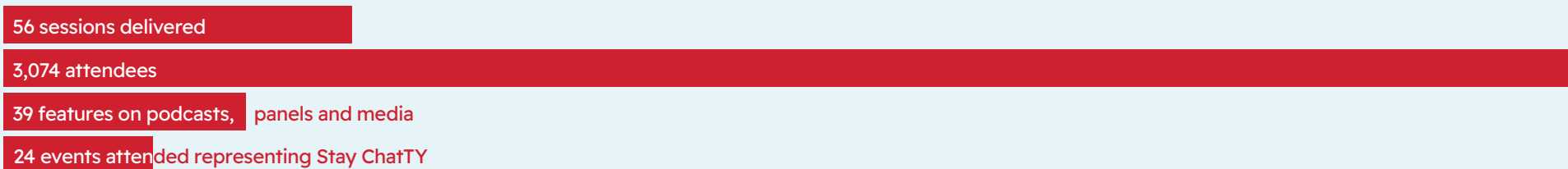
Schools Program



Sports Program



Workplace & Community



Feedback

“I love how I didn’t feel judged and they made me feel comfortable.”

Secondary School Student

“The thing I liked most [was] about how to be more confident talking to people.”

Grade 6 student

“We learned different things about mental health and dealing with pressure. It was great to have a mental health presentation that taught about more than just depression and anxiety. Thank you.”

Stress 2 Strength attendee

“They said that we’re not alone so we are more comfortable talking to others.”

Grade 6 student

“Very relatable. Tom was certainly the right person to talk to a group of footballers....and the content was great.”

Building Mental Muscle attendee



Recycle Rewards Scheme

In 2025, Stay ChatTY was proud to become an official partner of Tasmania's Recycle Rewards scheme — a new statewide initiative encouraging Tasmanians to return eligible drink containers and donate their 10c refunds to local charities. Since joining the program, we've been blown away by the generosity of the community, with every bottle and can helping to spark conversations and support our mental health education programs across Tasmania. This partnership has been a simple but powerful reminder that small actions can create meaningful impact, and we're excited to continue seeing the program grow.

New initiatives

**MIND
SHIFT**



**CLOCK
ON**

New construction program coming up

In 2026, we will be expanding our workplace offerings with the development of two new tailored presentations for the construction industry: MIND SHIFT (supported by the Fairbrother Foundation) and CLOCK ON (supported by Master Builders Tasmania).

These programs were developed in direct response to the needs of trades-based workplaces; where long hours, high-pressure environments, and stigma can often make mental health conversations challenging. To understand those needs, we went straight to the source and interviewed Tasmanian tradies right across the state.

Both supporting organisations have been long-standing supporters of Stay ChatTY, and have been instrumental in guiding us to develop presentations that truly works for the participants. Early feedback from the sector has been incredibly positive, and we can't wait to roll out this new program widely in the future, to support construction teams across the state to look after themselves and each other.

New trainings

MHFA Refresher, MHFA Engaging Leaders Session, Communicating with Confidence

2025 also saw the introduction of several new training offerings designed to strengthen mental health literacy across the board.

Our Mental Health First Aid Refresher course provides accredited MHFAiders with updated research, refined skills, and renewed confidence to support someone experiencing a mental health problem or crisis. It also extends their accreditation for a further three years – something which was widely requested by the participants who completed their Standard Mental Health First Aid training with us.

We also launched the MHFA Engaging Leaders sessions, to empower organisational leaders with a clear understanding of how mental health fits into their role: helping them build positive culture, support staff wellbeing, and model healthy behaviour.

Finally, we introduced Communicating with Confidence, a practical workshop aimed at helping participants develop the skills to have brave, compassionate, and clear conversations (whether at work, at home, or within the community).

These additions have expanded how we connect with Tasmanians, ensuring people at all levels feel equipped to support both themselves and those around them.



Special thanks

None of these achievements would have been possible without the ongoing support of our community, including the incredible organisations who choose to back our mission, and invest in mental health literacy in Tasmania. This includes the incredible backing of Relationships Australia Tasmania, who from day one has helped us deliver our work and our major supporters:

Clennett's Mitre 10

Becks Mitre 10

The Fairbrother Foundation

RACT

Banjo's

JMC

