

Mitch McPherson

Lived Experience Speaker Bio

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 delivered more than 700 presentations, 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 26,000 likes on Facebook, 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 nationally recognised, 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 continues to grow. Since 2013, Mitch has been awarded the following:

- Clarence Citizen of the Year Award in 2014
- Tasmanian of the Year finalist 2014
- 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
- 2020 National Men's Health 'People's Choice' Award.

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

"I WILL FOREVER WISH I HAD THE OPPORTUNITY TO ASK MY BROTHER 'ARE YOU OKAY?' ONE MORE TIME."

Mitch McPherson