

Mitch McPherson Lived Experience Presentation 'Behind the Smile'

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.

Mitch now travels Australia sharing his lived experience in a bid to encourage conversation and to change the way we as humans view mental health.

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. After partnering with Relationships Australia Tasmania, Stay ChatTY now deliver mental health education programs in schools and sporting clubs all across Tasmania.

Mitch's vision is that Stay ChatTY will become nationally recognised, and the Facebook page of more than 26,000 supporters will continue to grow.



Mitch's presentation covers:

- Personal story (how losing my little brother to suicide rocked our world)
- Signs we missed
- Opportunities we missed
- Bouncing back / Finding my purpose
- Creating SPEAK UP! Stay ChatTY
- Glazier turned public speaker
- 1% can change a life
- Mitch's 5 ways to create change

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

Mitch's book 'Behind the Smile' will also be available to purchase at the time.

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.

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

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