



# Mitch McPherson Bio

**As the founder of Tasmanian based organisation SPEAK UP! Stay ChatTY, Mitch's journey to raise awareness of suicide prevention and reduce the stigma around mental health began after his younger brother Ty took his own life in 2013.**

Mitch, the 2017 Tasmanian Young Australian of the Year and National R U OK? Day Ambassador has had a remarkable journey transitioning from an everyday tradie into a well respected and purpose-driven public speaker.

Mitch leads with an extraordinary vision for change, courageously harnessing his lived experience of loss to encourage our community to speak up about their mental health and take action.

All through the important message of sparking conversations.

Since the loss of his younger brother Ty in 2013, Mitch has dedicated his life to helping, educating and encouraging others to speak up about mental health and prevent suicide. All of this important work is well aligned to Mitch's own personal values: compassion, authenticity, kindness and perseverance.

Mitch has become a "go to" in the Tasmanian community for important discussions and messaging around mental health. From media interviews, his weekly radio segment or assisting those seeking guidance on start-up charities, Mitch does all he can to positively impact the community.

When presenting at schools, workplaces and sporting clubs, Mitch speaks from the heart. The connection he creates with the audiences he presents to is both genuine and empowering.

A devoted family man, father and husband, Mitch is just like a mate – he's a passionate Carlton supporter, lover of sport and avid coffee drinker.

He is someone you can relate to. He is real.



Mitch's list of personal achievements since creating Stay ChatTY continues to grow. Since 2013, Mitch has been recognised for many awards, his highest achievements being the following:

- 2017 Tasmanian Young Australian of the Year
- 2020 National Men's Health People's Choice Award
- Premiers Young Achiever of the Year Award 2016
- Tasmanian Pride of Australia Medal 2015

“ MITCH'S PERSONAL MESSAGE IS ONE THAT WE WILL NEVER FORGET AND HAS PROVIDED AN IDEAL AVENUE FOR 'KEEPING THE CONVERSATION GOING.' A REMARKABLE MAN WITH A MESSAGE THAT EVERYONE NEEDS TO HEAR. ”

- TASRAIL

**Email:** [admin@mitchmcpherson.com.au](mailto:admin@mitchmcpherson.com.au)  
**www.mitchmcpherson.com.au**

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