



# 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.**

A glazier at the time, Mitch decided to draw a positive out of his family's devastation, 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. Stay ChatTY has programs in schools, sporting clubs and various workplaces and community groups.

Mitch openly shares his story of loss and grief through his unique presentation. His presentation aims to expand community knowledge, inspire action and change, and to encourage open and honest conversations around mental health and suicide.

Dedicated to ensuring this important message continues to grow, Mitch's vision for Stay ChatTY is to become nationally recognised.



### 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

**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.**

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