



**MAKING AN INVISIBLE ISSUE  
IMPOSSIBLE TO IGNORE**



# WELCOME TO TRADEMUTT

*G'day*

---

You are now a mental health advocate.

YOU TAKE ON A RESPONSIBILITY TO:

- Show vulnerability
- Show empathy
- Take a non-judgmental approach

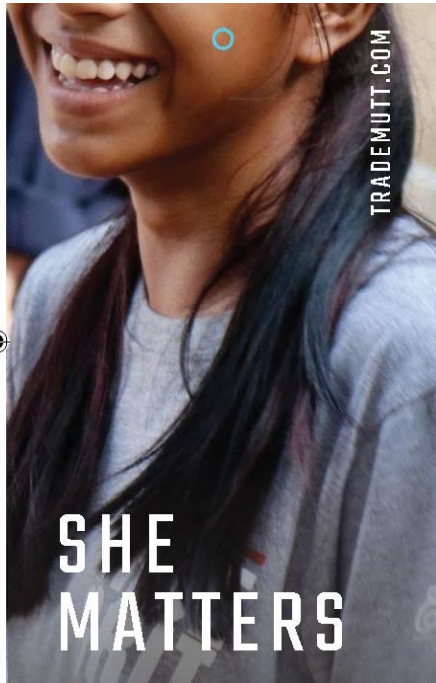







YAMA






**BEHIND THE SEAMS:**



While she was working 12 hours days at a factory Raksmeys' daughter was regularly sexually exploited by neighbours and her other child was at grave risk. Raksmeys' was then offered work with She Sewing Centre, sewing products from home. The income from this work started to rebuild her life and support her family as a single mother.

In 2016, She Sewing Centre was created to train and employ survivors of human trafficking and those in the community who are vulnerable. This allows women to achieve financial sustainability in a dignified manner whilst creating enough income to fund She Rescue Home and other projects in Cambodia. (\*name was changed)

ITS NOT OK.COM 



**BEHIND THE SEAMS:**

PRODUCT BUILT BY INMATE:  
# [REDACTED]  
INSIDE SINCE: [REDACTED]  
RELEASE DATE: [REDACTED]

INMATE IMAGE REDACTED

My roll of the dice hasn't been lucky, fortunatley, I was able to retrain with workRestart while incarcerated. I hope you enjoy wearing as much as I did making it.

workRestart is a not-for-profit social Enterprise that aims to empower people with an experience of incarceration to re-start their lives and positively contribute to the community they live in. All profits from this enterprise are reinvested into supporting social enterprises that employ people on their release.

Learn more at [workRestart.com.au](http://workRestart.com.au)

# VERTICAL INTEGRATION WITH ALIGNED PROJECTS

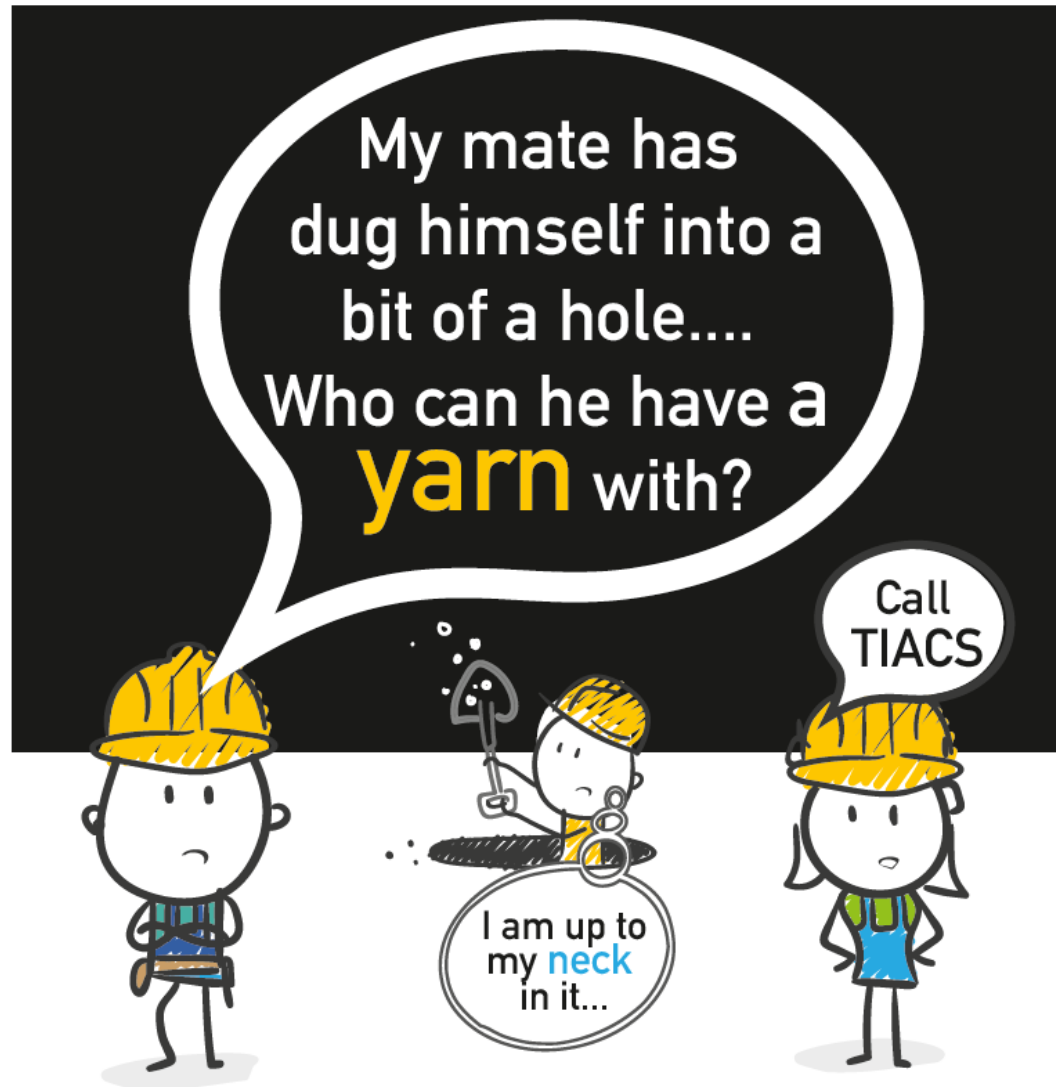


**Our goal is to offer sustainable employment and training opportunities for those with a disability.**



**sendable**

# THIS IS A CONVERSATION STARTER FOUNDATION



The **TIACS Foundation** support line gives blue collar workers the ability to reach out and get support when and however long they need it. TIACS employs mental health professionals to make sure the best care is provided. TIACS does not want those suffering from a bad week, month or even years to become another statistic to self harm. Quick chat or text – great; longer chat – cool; need a follow up – no problem. We’re here for as long as you need support. The service is not charged. Check the website for operating hours.

Support Line  
0488 846 988



**TIACS.ORG**

**THIS IS A CONVERSATION STARTER**  
relatable | reliable | discrete



[thisisaconversationstarter](#) | [tiacsfoundation](#)

An Initiative of TRADEMUTT - This Is A Conversation Starter Foundation Ltd ABN 58631207031





If anyone is wondering how to spot someone who is open to the mental health conversation, well here they are. A bunch of knock about blokes, just like us. These fella's who work for @brisbanecitycouncil wear these shirts every friday and are doing a stella job of making an invisible issue impossible to ignore.

These fellas know that sometimes we go through shit. Sometimes it's financial pressure that causes us stress, other times it my be relationships or illness. Either way, we've all been there and we need to be more open about it all. That's what will change the culture around the way we seek help when we're struggling.

#heroc







Liked by timberwolf\_carpentry and 518 others



NOVEMBER 3, 2019











-  The back bone of this great city  
Jason Wilkins Jayden Reynolds ...

Like · Reply · Message · 1y    3

  ...


Like · Reply · Message · 1y


 Reply as TradeM...    
-  Top Fan  
 ...



Top shot fellas! Love the lineup of characters... ...

Like · Reply · Message · 1y  1

Most Relevant is selected, so some replies may have been filtered out.

 Author  
TradeMutt  
How good is it Markos! ...


Like · Reply  
· Commented on by Daniel Allen  · 1y

↳ View 1 more reply
-   ...

Colby Nunan Mitchell McLean two ugliest heads going round ...

Like · Reply · Message · 1y

↳ 1 Reply
-  Christine Watling  
Goodon the Council for at least having a go at opening this door to all associated in some way with these guys 🤔🤔🤔👍👍 ...

Like · Reply · Message · 1y  1





Here at Gardel Electrical, our team have been proud supporters of TradeMutt for years. As early adopters of TradeMutt, it did take a bit of courage to wear them in public before they became as common as they are now. Especially when wearing the original, full prints. Our team on the field often had to explain to people what the shirts were about, which wasn't always easy. But over the past couple of years, we have noticed ourselves slowly becoming more used to talking about mental health, and also being more open with each other about the issues we're going through. Especially in the last year, this has had a massive impact on our team's culture and mental health, which has helped the business in so many ways.

We've even had team members ask for a mental health day, which seems like a small thing but is a big change from where we were a few years ago. As a company, this is our story of impact - that we have a culture where employees feel comfortable to ring in and say they need a day to themselves, instead of coming in, not feeling okay and making mistakes that could worsen their state of mind. It goes to show that without much more than a change in workwear, you can break down some huge barriers and improve your team's health and happiness.





“In the 20 years I have been with Spaceframe, I’ve never seen anything that tops the impact that the TradeMutt shirts have had in starting conversations. Change can only occur via participation and a large part of the involves discussion, feedback and sharing experiences for others to learn about. Whilst getting the job done on time and under budget for a client is the top priority, taking the time to just talk to them as people has done great things for both the professional and personal relationships” – Bill O’Flaherty, General Manager



**Support Line**  
**0488 846 988**

**TIACS.ORG**



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relatable | reliable | discrete





  
**TRADEMUTT**  
AUSTRALIA  
EST. 2018

QUEENSLAND SECTION  
Rural Fire Group Service  
Some people need a tractor. Other great services to call to.