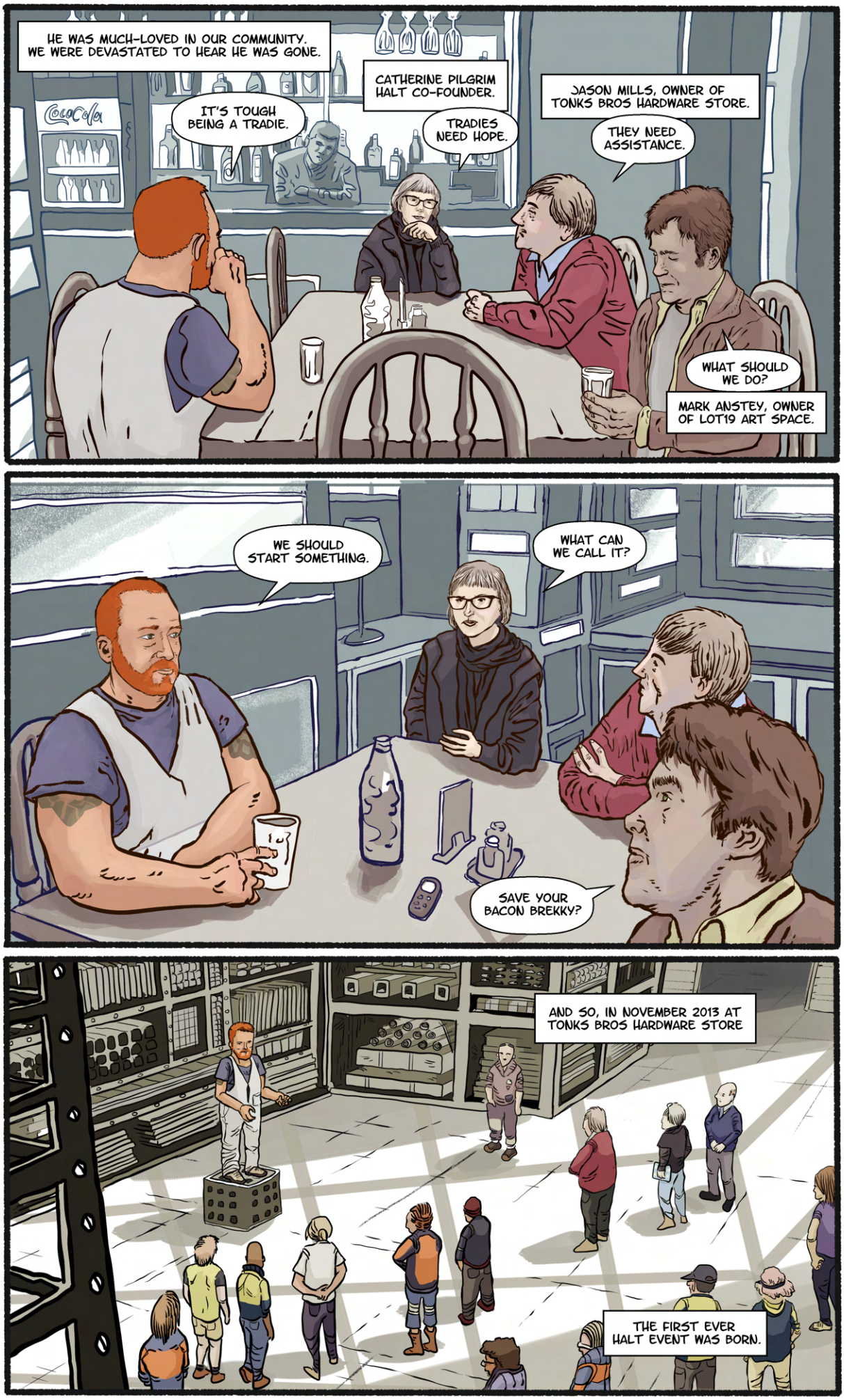
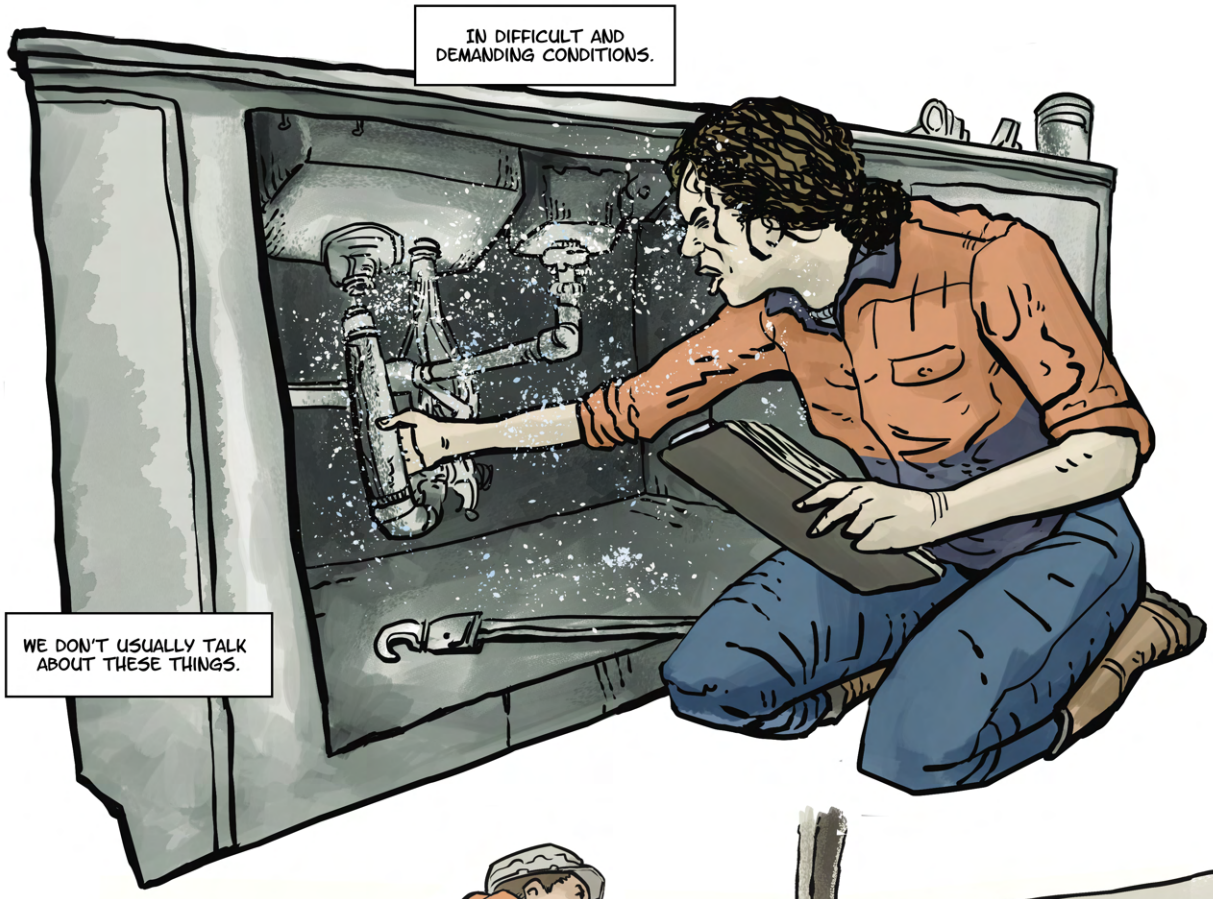
HI, MY NAME IS JEREMY.
IN 2013 I WAS WORKING AS A PAINTER AND DECORATOR IN CASTLEMAINE, A SMALL COUNTRY TOWN IN CENTRAL VICTORIA.
I'D GONE TO SEE A MATE WHO WAS WELL KNOWN FOR HIS WORKMANSHIP WITH STEEL.
I NOTICED HE SEEMED HAPPIER THAN USUAL THAT DAY.
TWO WEEKS LATER I WAS PAINTING A HOUSE DOWN THE END OF HIS STREET WHEN I HEARD THE TRAGIC NEWS.
MY MATE HAD TAKEN HIS OWN LIFE.


HE WAS MUCH-LOVED IN OUR COMMUNITY. WE WERE DEVASTATED TO HEAR HE WAS GONE.
CATHERINE PILGRIM HALT CO-FOUNDER.
JASON MILLS, OWNER OF TONKS BROS HARDWARE STORE.
IT'S TOUGH BEING A TRADIE.
TRADIES NEED HOPE.
THEY NEED ASSISTANCE.
WHAT SHOULD WE DO?
MARK ANSTEY, OWNER OF LOT19 ART SPACE.
WE SHOULD START SOMETHING.
WHAT CAN WE CALL IT?
SAVE YOUR BACON BREKKY?
AND SO, IN NOVEMBER 2013 AT TONKS BROS HARDWARE STORE
THE FIRST EVER HALT EVENT WAS BORN.

TRADIES ARE SEEN AS PHYSICALLY STRONG.
HOPE ASSISTANCE
HALT
LOCAL TRADIES

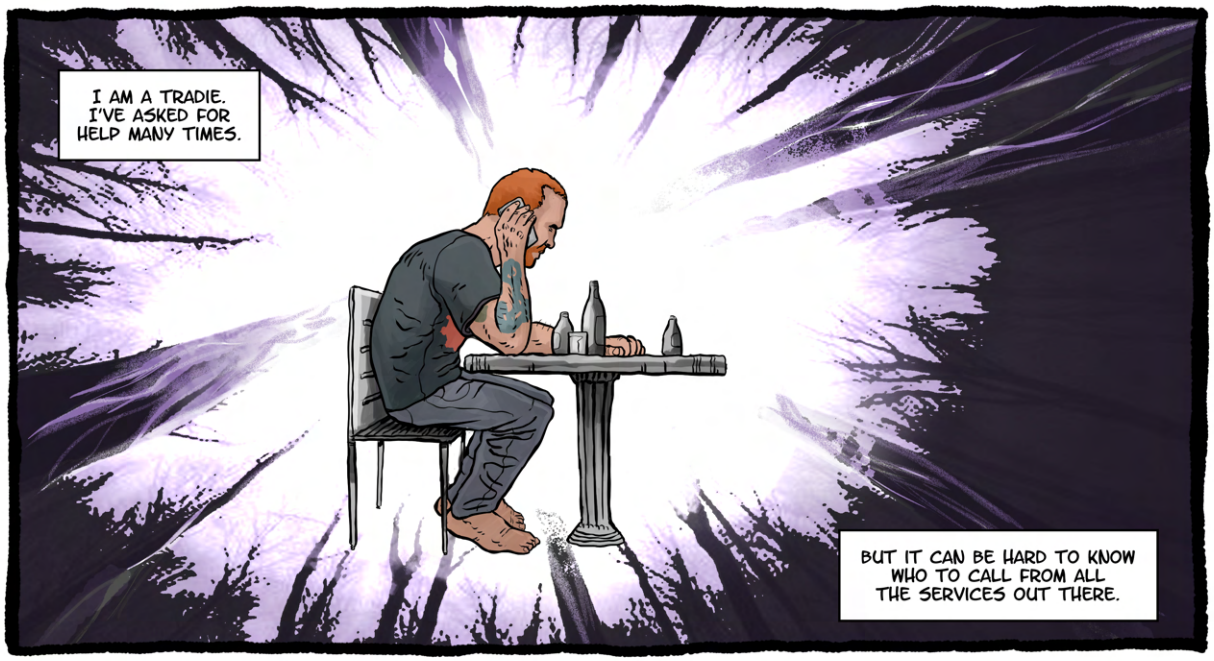
THEY DON'T COMPLAIN WHEN THINGS GET TOUGH.

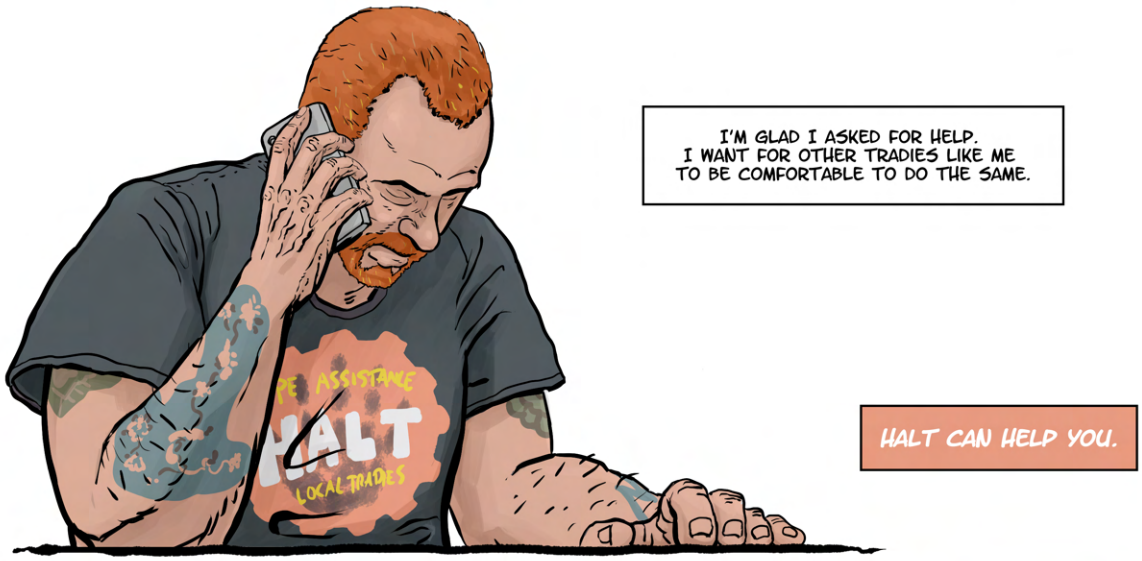
BEING A TRADIE IS A TOUGH JOB.
WE ARE OFTEN WORKING ALONE.

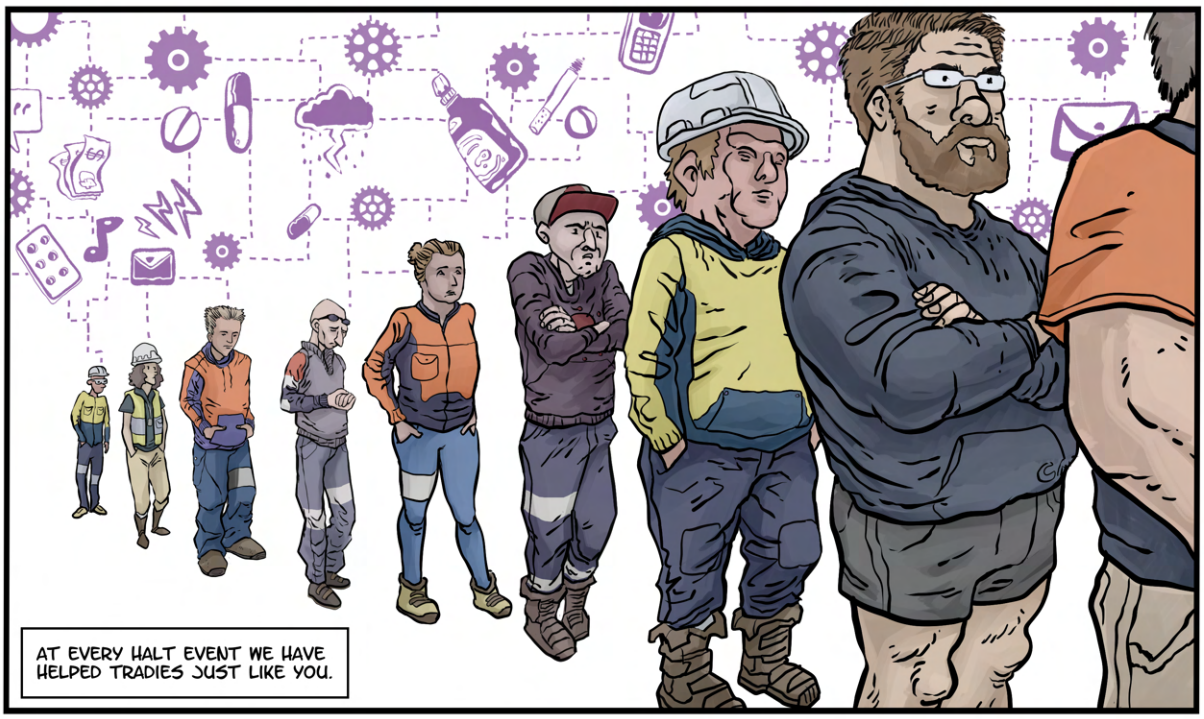

IN DIFFICULT AND
DEMANDING CONDITIONS.
WE DON'T USUALLY TALK
ABOUT THESE THINGS.

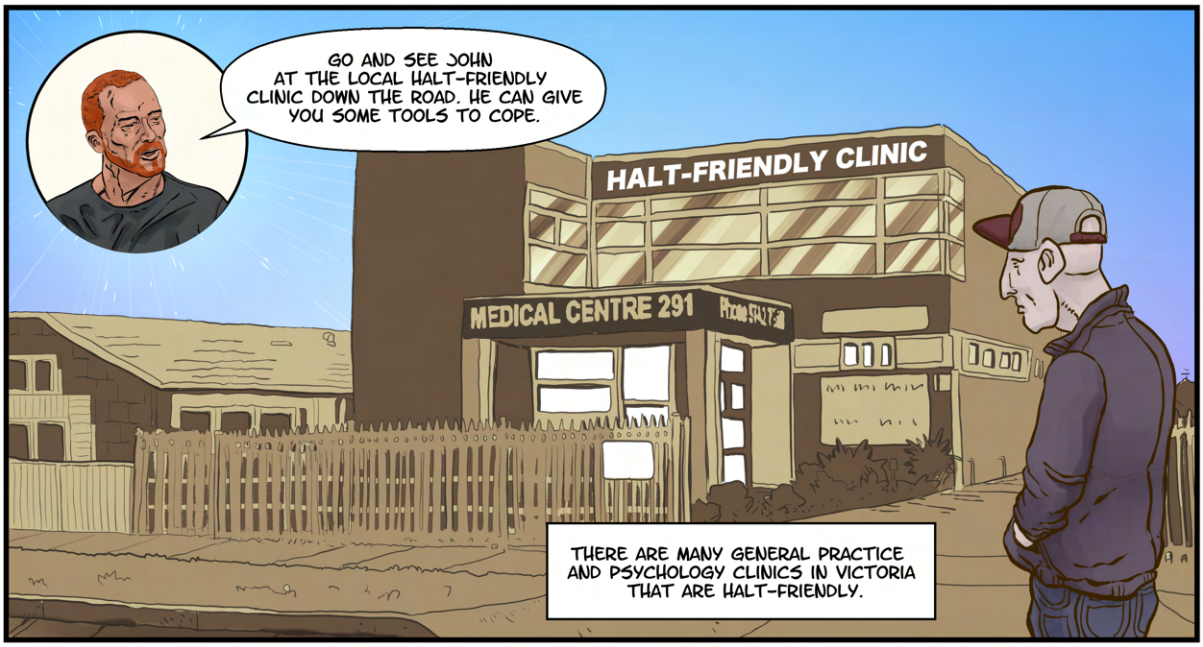
BECAUSE WE ARE
ARE STRONG.
WE DON'T COMPLAIN.

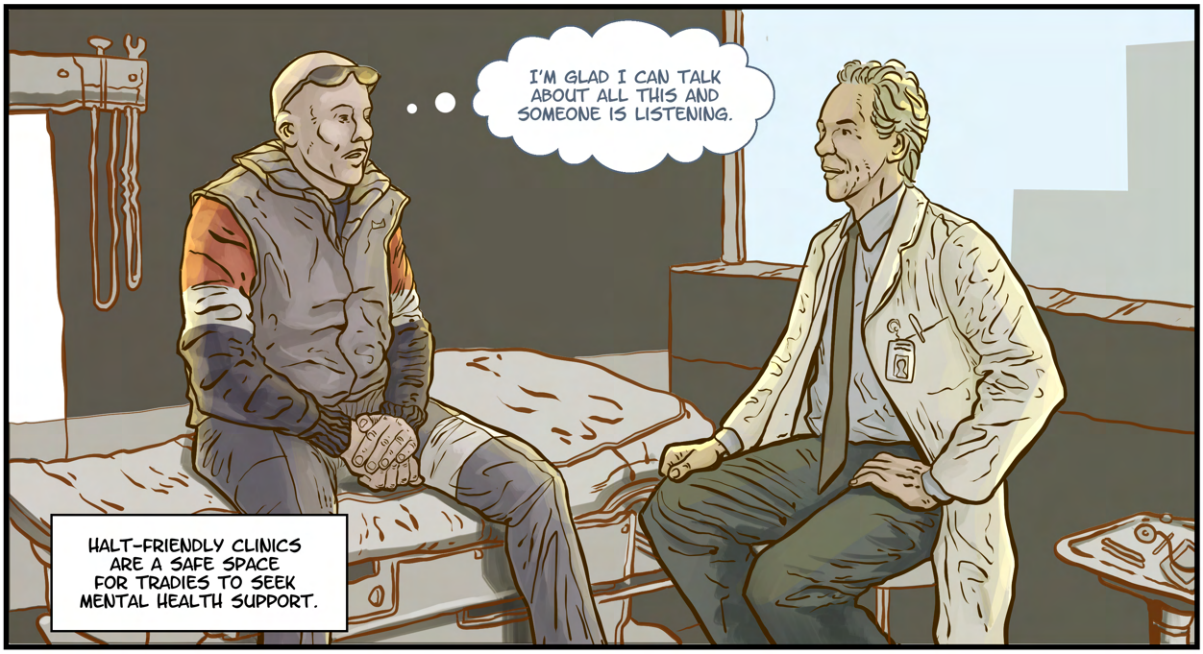
US TRADIES NEED TO BE ABLE TO TALK WHEN THINGS ARE GETTING US DOWN.
WE NEED TO BE ABLE TO OPEN UP.
YOU DON'T HAVE TO SUFFER IN SILENCE.
IT'S TIME TO REWRITE OUR IDEAS OF WHAT A TRADIE SHOULD BE.
NOW IS THE TIME TO GET RID OF THE STIGMA AROUND MENTAL HEALTH


I AM A TRADIE.
I'VE ASKED FOR
HELP MANY TIMES.
BUT IT CAN BE HARD TO KNOW
WHO TO CALL FROM ALL
THE SERVICES OUT THERE.

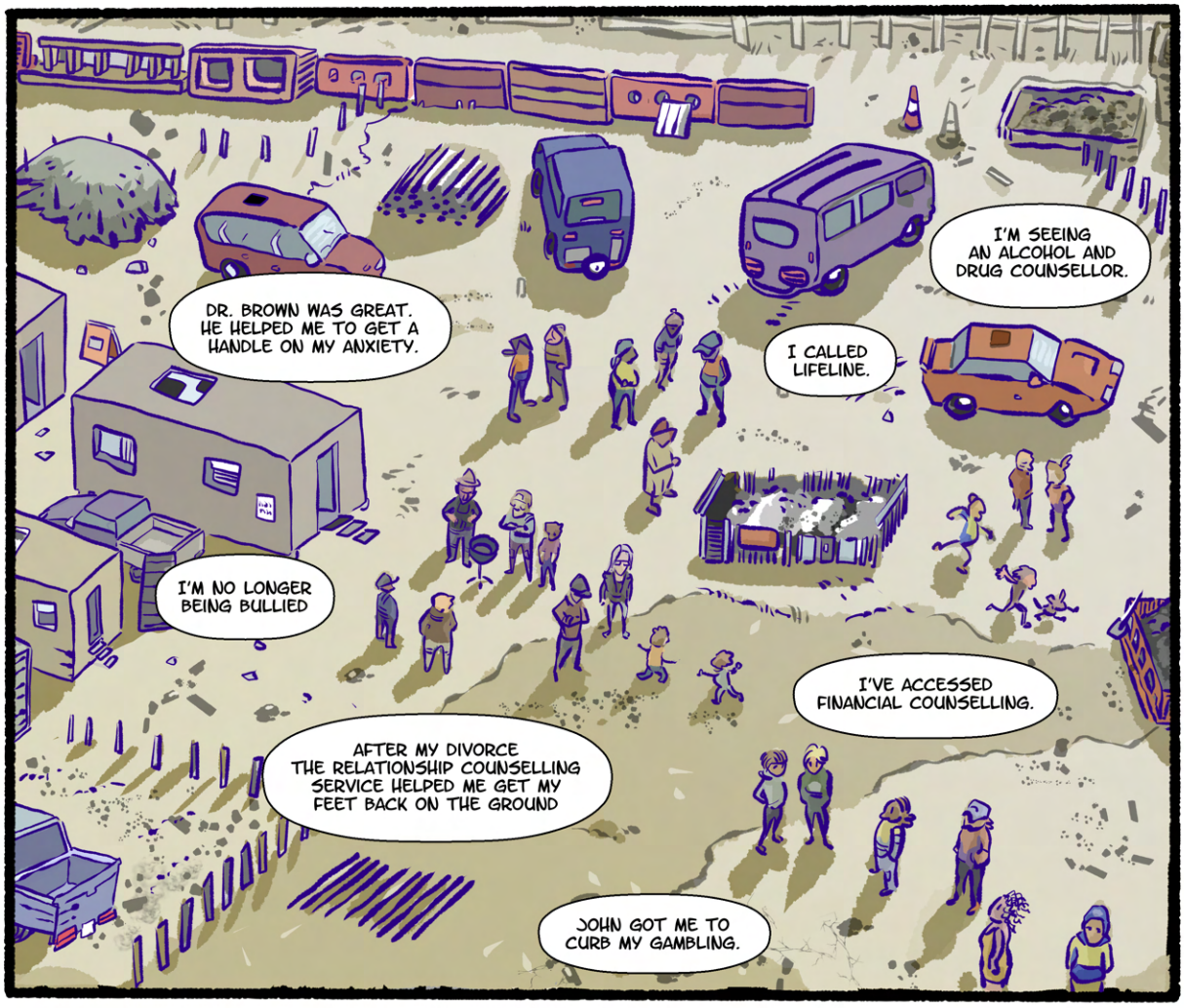

I'M GLAD I ASKED FOR HELP.
I WANT FOR OTHER TRADIES LIKE ME
TO BE COMFORTABLE TO DO THE SAME.
HALT CAN HELP YOU.
ASSISTANCE
HALT
LOCAL TRADIES


AT EVERY HALT EVENT WE HAVE
HELPED TRADIES JUST LIKE YOU.


GO AND SEE JOHN AT THE LOCAL HALT-FRIENDLY CLINIC DOWN THE ROAD. HE CAN GIVE YOU SOME TOOLS TO COPE.
HALT-FRIENDLY CLINIC
MEDICAL CENTRE 291
THERE ARE MANY GENERAL PRACTICE AND PSYCHOLOGY CLINICS IN VICTORIA THAT ARE HALT-FRIENDLY.


I'M GLAD I CAN TALK ABOUT ALL THIS AND SOMEONE IS LISTENING.
HALT-FRIENDLY CLINICS ARE A SAFE SPACE FOR TRADIES TO SEEK MENTAL HEALTH SUPPORT.

MAYBE I CAN HELP YOU TOO.
THEY ARE COMMITTED TO SUICIDE PREVENTION AND IMPROVING THE MENTAL HEALTH OF THEIR PATIENTS.


DR. BROWN WAS GREAT. HE HELPED ME TO GET A HANDLE ON MY ANXIETY.
I'M SEEING AN ALCOHOL AND DRUG COUNSELLOR.
I CALLED LIFELINE.
I'M NO LONGER BEING BULLIED
I'VE ACCESSED FINANCIAL COUNSELLING.
AFTER MY DIVORCE THE RELATIONSHIP COUNSELLING SERVICE HELPED ME GET MY FEET BACK ON THE GROUND
JOHN GOT ME TO CURB MY GAMBLING.

HOW ARE YOU DOING?
GETTING THERE. THANKS FOR BRINGING ME. IT'S GOOD TO TALK.