

The “*Tapestry*” Metaphor.

A tapestry is a form of textile art often depicting **narratives** of people and places, created by weaving together **threads** of different colours and textures.

Each **thread** represents a person’s **story** with mental health*, uniquely shaped by physical, emotional, psychological, social, and environmental factors.

These stories **interweave** and **bond** people, collectively creating a **tapestry** of **meaning, community** and **identity** — protective factors for mental wellbeing.

*1 in 7 people experience mental health challenge in their lifetime. - Singapore Mental Health Survey 2020

Get in Touch!

If you have a passion to **inspire hope, dignify experiences** and grow **inclusive communities**, we welcome you!

Social Media:

<https://linktr.ee/thetapestryproject.sg>

Website:

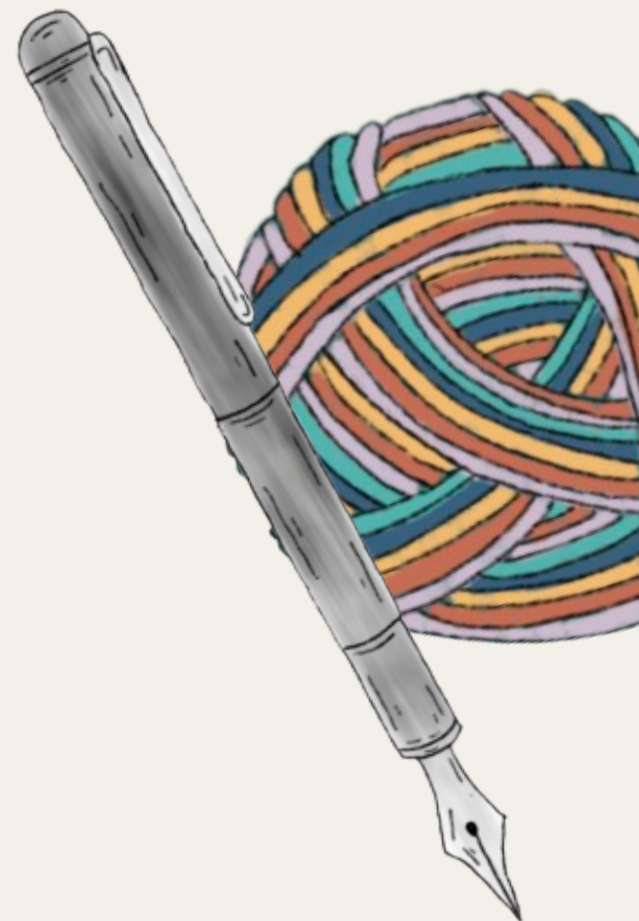
<https://thetapestryproject.sg>

Email:

community@thetapestryproject.sg

Get Involved:

Support our cause by **volunteering** with us or **donating** to our charity!



The
apestry Project

Interweaving stories
for better wellbeing

Vision:

A **stronger** social fabric woven together through **storying**.

Mission:

To weave **communities** together to **strengthen** capabilities for mental wellbeing.

Purpose:

To promote **mental health literacy** so all are **empowered** to make informed wellbeing choices.

To **increase availability** and **access** to mental health resources, care and support in the community.

Our

About Us~

The Tapestry Project SG is a **non-profit organisation** that champions mental health education, empowerment, and early intervention through **storying**.

Founded in 2014 by Nicole K., a writer and person-in-recovery, The Tapestry Project began as an online publication that interweaved **personal lived experiences** and **professional expertise**, lending a unique voice to the mental health conversation.

Today, our work includes developing **narrative programmes** that **deepen capacities** for well-being among the youth, young adults and all who are in the midst of navigating life's transitions.

1 Our Publication

Stories behind the statistics.

We publish a diversity of **person-first** stories, reflections and resources to **boost** mental health awareness and empathy.

Our Programmes 2

Stories for empowerment.

We design and deliver programmes that facilitate personal **growth, well-being**, and narrative **exploration**.

3 Our Community

Stories that strengthen social connection.

We sojourn with our writers and journaling community to create room for **connection** and **mutual support**.

Our Collaborations 4

Stories that elucidate & elevate

We **amplify** mental health literacy on a collective level with our partners through **talks and events** like festivals and conferences.

What We Do