

FAMILY MAIL VASE

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Design For Mental Health





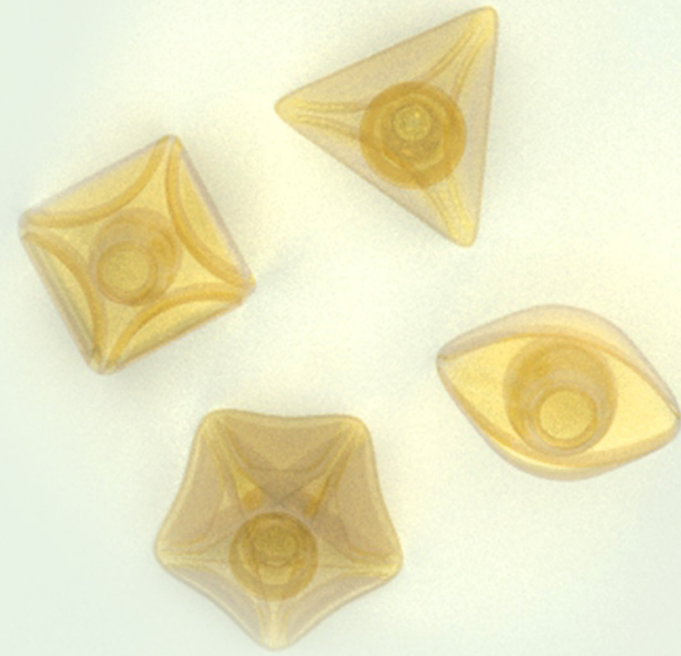
A Collection of Suicide Notes & Letters

"I'm so cold, please do something. I can't Stand this empty feeling that I'm having. My head is horrible. Stop the pounding it hurts so much. I have no control over anything in my life. I'm breaking into pieces."

"I feel certain that I am going mad again. I feel we can't go through another of those terrible times. And I shan't recover this time. I begin to hear voices, and I can't concentrate. So I am doing what seems the best thing to do. You have given me the greatest possible happiness. You have been in every way all that anyone could be. I don't think two people could have been happier 'til this terrible disease came. I can't fight any longer. I know that I am spoiling your life, that without me you could work. And you will I know,. You see I can't even write this properly. I can't reed. What I want to say is I owe all the happiness of my life to you. You have been entirely patient with me and incredibly good. I want to say that - everybody knows it. If anybody could have saved me it would have been you. Everything has gone from me but the certainty of your goodness. I can't go on spoiling your life any longer. I don't think two people could have been happier than we have been."

The family mail vases include four different sizes for different families.

Each of them contains two, three, four or five mailing path for different family members.





Dear all,

I'm so so so sorry. You don't know how much I am. I didn't want this. I tried to stop it, but I've been holding it in for so long now and I can't take it anymore. What I'm talking about is a deep depression. I wish I could have told you but I just couldn't cos

I'm more sorry than I have ever been about anything. but it's not your fault and there's nothing you could have done.


Sorry again.
Love you,

Jonathan xxx

It was cool to host you these days and understand your goals as an artist and a gay person. I hope you'll travel all over the world and find more about yourself cause, you already know we are all the same guy (gay).

Being gay is being free. Everyone needs to be free in their own way.

Great sunsets around the world!


Andri Pollox

After diagnosis the most important thing is NOT to move. I have lived in this house for 20+ years. I love Wickenby and the area. moving will disorientate me. I will still enjoy walking the dog, painting, going for drives around the woods in Yorkshires all the things I have always done incl. Classical films & music. It will help me and also you. I will still attend the support group in Lincoln once a month they meet. I would like to be with other people like me. I want you to help me to stay at home as long as possible by using 'assistive technology' by putting a calendar up where I can see it and put things I

smell it. The snow is gone, I'm glad!

March 7, 1975

Poor Mrs. Tattolo. No helpers. It's gonna snow today. I wonder what it's like to be a snowflake? Does it feel cold? Do you feel graceful?
It wouldn't be fun, 'cause you'd get melted and people would step on you. But if I had to be a snowflake, I'd land on a roof or tall tree-top.



FAMILY MAIL VASE

A flower vase that encourage family members to communicate.

