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My Thesis project is about the importance of understanding and reducing stigma around mental health concern. The main focus was to research optimal location and typologies that have been designed before and underline the important parts of integration between different groups in our society. Mental health both involving the individual and the term in general has for a long time been outside of the society, something hidden, shameful and mental health facilities located on the edge of cities instead of inside city cores.

D I A G N E S T is a project meant to combine and be a step between mental health institutions and the society. People often struggle to get back on their feet and become a part of the society again after dwelling in a mental health facility. Their ability to interact and be independent has been reduced after being taken care off for a long time. The project starts with analyzing different architecture projects throughout history in Iceland and elsewhere and how respect and understanding has changed in designing mental health facilities. While looking at projects like Maggie's Centers and mental health hostels, and reading about deinstitutionalization, (breaking big institutions into smaller units) both regarding their strong and weak points, I find my project to have certain thresholds but also be free of certain barriers that people need to defeat in order to return to the society and feel a part of it. With analyzing various forms of mental health designs I was able to emphasize on the design elements I found lacking in those projects and implement them in to my proposal. For me it was a very personal project since I studied for one year in this town and one of my closest friends there suffered from a mental illness. The conclusion of the project is that the architecture of the tomorrow is so much more then designing flashy tourist attractions, it is a real tool for reducing stigma in fields that clearly need it. Architects should avoid creating gaps that can be unknowingly formed if we keep designing societies that don't intertwine with one another and that was what I was hoping to achieve with this thesis project.