

Breaking Layers

Exploring Transparency & Connection

This project reimagines mental health care as an act of social justice—challenging the stigma, inaccessibility, and institutional coldness often tied to mental health treatment. Set within the revived walls of the historic Savoy Theatre in Sligo, the design prioritizes equity, dignity, and emotional safety for students and young adults in crisis. Transparency is both a material and ideological thread, expressed through layered paper screens, soft partitions, and natural light that invites openness without forcing exposure. Spaces are designed to empower users with choice—offering connection or solitude as needed—ultimately



A Space For Healing

Rooted in Sligo's Community



Students

Young adults accessing immediate mental health support through the local university's partnership program. Often navigating stress, anxiety, or academic pressure.



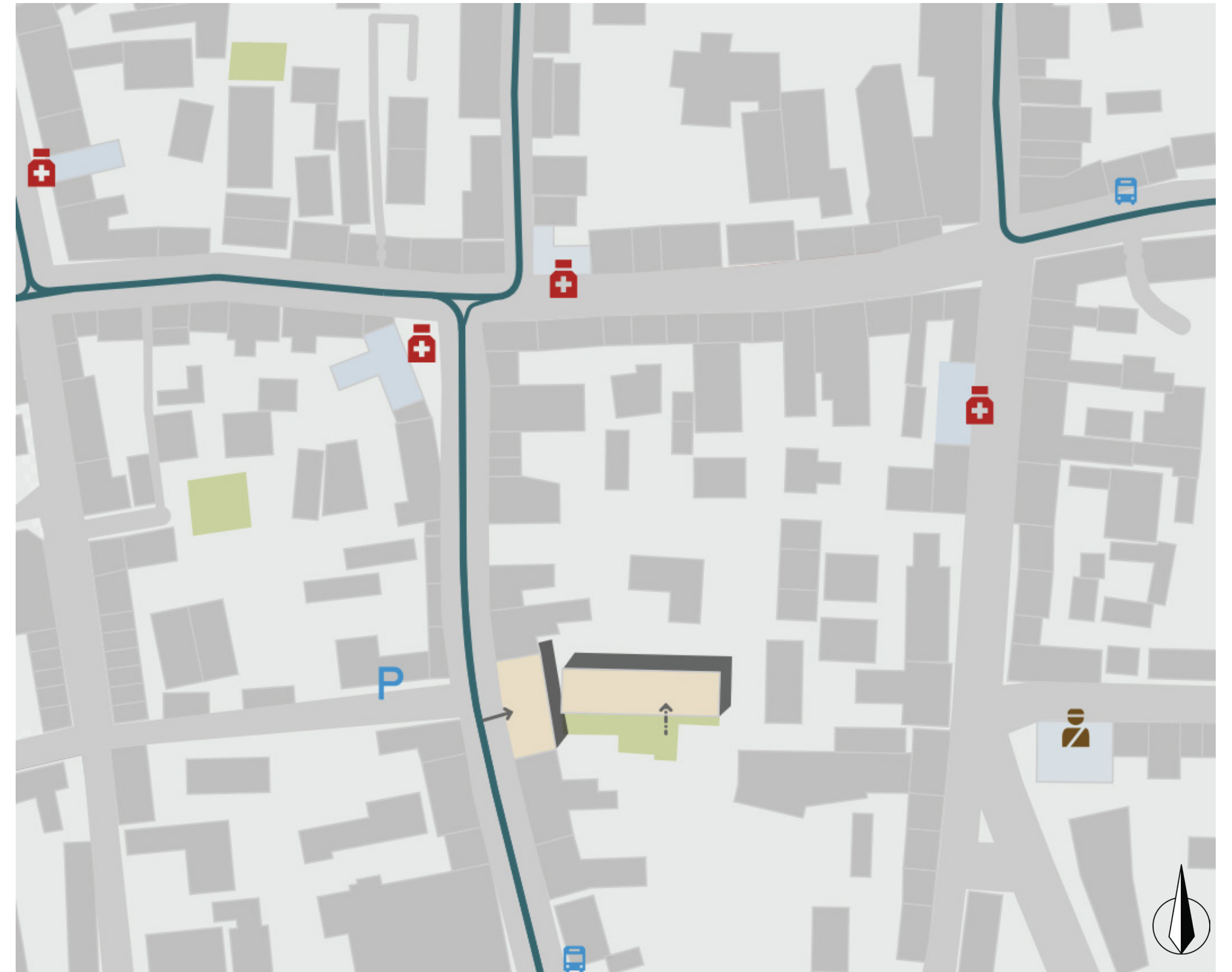
Walk- Ins

Community members in need of urgent or long-term care. May be experiencing crisis or seeking outpatient support without prior referral.



Families

Visiting loved ones receiving inpatient care. Need welcoming, non- institutional environments to



Layered Transparency

Paper Experiments and Screens



Experimenting with recycled and foraged materials allowed me to explore sustainable, tactile alternatives for the transparency screens.

Tissue paper and newspaper were layered to test translucency, texture, and strength—mirroring the delicate balance between openness and privacy.



Each sample tested how light filters through and how the surface interacts with space, emotion, and shadow.

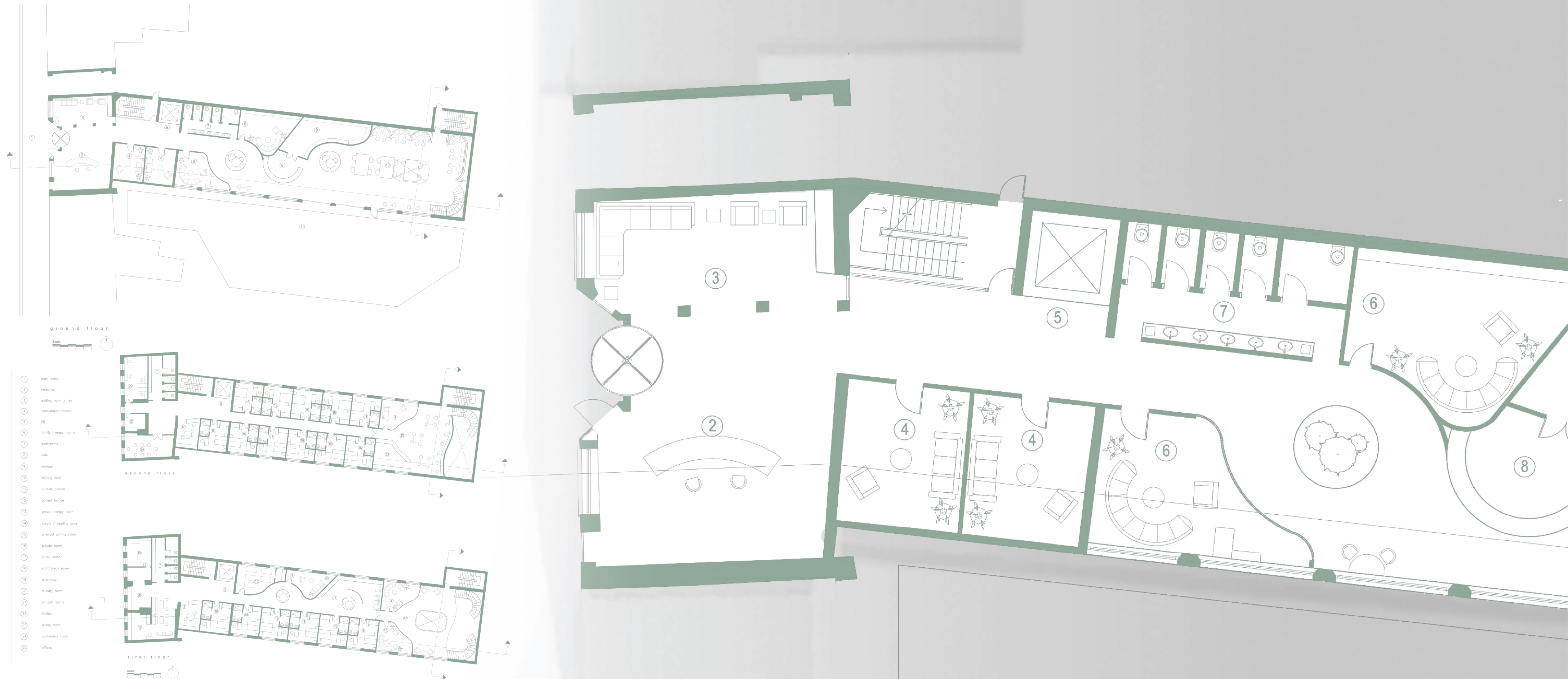


In the therapy rooms, the paper-based transparency screens offer a gentle layer of privacy while still allowing diffused natural light to filter through. Their organic texture and handmade quality soften the atmosphere, creating a calming, non-institutional space that supports reflection and emotional comfort



Transparency in Practice:

Screens Across Spaces



These plans reflect a careful layering of private and shared spaces to foster moments of connection while preserving dignity. Transparency screens and natural light are used to support mental healing in a warm, human-centered environment



Board Game & Activity Zone



Lounge & Sit-down Area

Designing For Social Healing

This project aims to redefine how we care for mental health through design that is inclusive, empathetic, and empowering. By focusing on transparency and connection, the wellness center offers spaces that honor privacy without isolation, and healing without stigma. It transforms a former cinema into a sanctuary for emotional well-being, where architecture supports recovery, dignity, and community. In a region where access to care is limited, this design advocates for equity in mental health by creating environments that are accessible, humane, and grounded in lived experience.



Therapy Room



Bedroom View