

About the project:

The December Letters Project is an annual feminist mental health literacy project that was started by Madwomen in the Attic in the United States, in December 2018. The project relies on individuals and groups to come together to write secular cards and letters with messages of friendship, solidarity, kindness, and hope to people who are in psychiatric institutions around the winter solstice, each year. The project aims to help alleviate some of the alienation, isolation, and separation that people sometimes feel while inside mental healthcare institutions, and to combat discrimination and stigma by bridging the gap between institution and community through a material gesture of solidarity that happens when we send someone about whom we care a kind letter in the mail.

Groups and schools in the United States, Canada, and Australia have participated in the December Letters Project since 2018.

The project was inspired by the owls who transport mail in the *Harry Potter* series.



Madwomen in the Attic's Address:
68 Chasewood Lane
East Amherst, NY
14051

For more information, please visit www.madintheattic.org or email MITA at madwomenofwny@gmail.com.



The December Letters Project

How to Participate

Individuals and groups interested in participating in the project can either (a) reach out to their local mental healthcare institutions to discuss specific hospital/facility policies for the cards and to schedule a delivery date around the winter solstice or (b) send their cards to Madwomen in the Attic by December 15th to participate in the project in Buffalo, NY.

We encourage groups to hold letter-writing events in their communities and to work with nearby facilities to make the project meaningful and personal to their local communities.