

In Memoriam F.E.A.S.T. 2017

Rosie Flett 29/1/1996 – 11/2/2017

From Rosie's Mother:

Rosie battled against anorexia and then bulimia for 6 years and I firmly believe that although her death was by suicide her rapid mental deterioration was triggered by a considerable drop in weight in the 3 months leading up to her death.

Rosie was a fun loving cheeky intelligent young lady who prior to becoming ill swam for her county, loved cats and had been set for a bright future academically. She hoped at some stage to study forensic psychology. Rosie was a dedicated Winnie the Pooh lover and her trusted bear remained her confidante and security throughout her battles and the "Braver than you feel" quote will always remain her quote.

Although I can no longer make new memories with Rosie I have so many positive memories of her short life to hold on to and be grateful for.



We Are All Human

By Rosie Flett, age 21

We are all human

Behind the walls of psychiatric hospitals ('the looney bins') exist the people that have been labelled with a mental health disorder, those that by some, have been defined as insane.

But where do you draw the line between sanity and insanity?

Yes we are all different. We have a different amount of cells in our bodies, different coloured hair, different coloured eyes and different coloured skin.

When it comes to it, when you strip away everything, what is left is a skeleton, the stability, the structure of each and every one of us.

We may all be individual beings with our own views and perceptions, but inevitably we are all the same - Human.

Therefore inside all of us we hold both sanity and insanity. There is no separation or line between those two words; they aren't two different types of people. It doesn't make anyone *less* of a person if they are under the mental health services.

So just think before you put down, think before you judge. **It lurks in all our bones.**

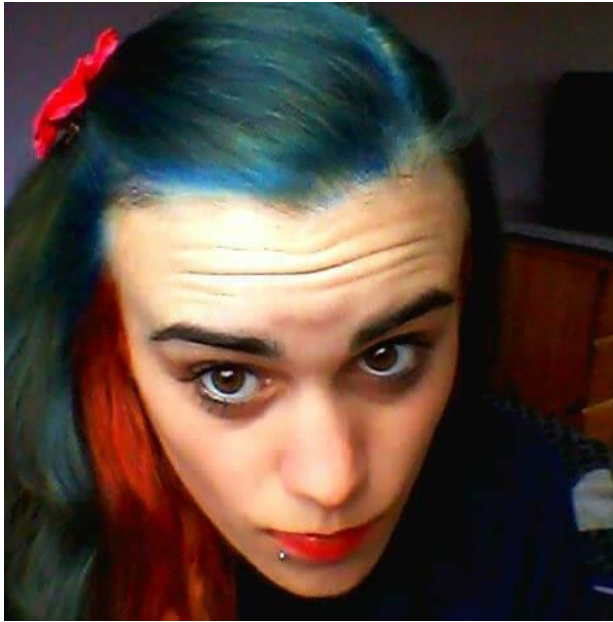
Whether you have a mental health problem or not, if a heart is still beating then they are still alive and every beating heart deserves equality.

At the end of the day, yes we are all different but we are all the same too. **We are all human.**





Rosie before she became ill



Rosie on her 17th birthday



Rosie on her 21st birthday