Thrive: Mental Health Clinic

Mental health clinic for people with eating disorders **centered around biophilic design**. The design is sustainable because it **integrates natural elements**, such as living green walls or natural light, which **reduce energy consumption and promote a healthier environment**, while also improving the overall well-being and connection to nature for occupants. The primary goal is to create a tranquil and nurturing environment that promotes the mental well-being of patients. By adopting biophilic principles, this project not only champions sustainable practices but also encourages individuals to reconnect with nature, fostering a profound sense of peace and balance.

BRIEF:

Private Mental Health Clinic is situated in Glasgow near The Forth and Clyde Canal in The Whisky Bond building. The clinic offers professional help to adults with eating disorders. Patients expect to stay for a long term, from weeks to months, in home-style accommodation with their family members. The building should cover all essential rooms and areas to bring people together and feel comfortable. The healing process includes counselling, group activities, drop-in session and education about eating disorders. Activities which can inform the public and the families of patients. **Idea** is selected into **two main areas,** which is **public and private**. Entire building is selected into **two parts** which are the **accommodation and services**.

WHY IS BIOPHILIC DESIGN IMPORTANT?

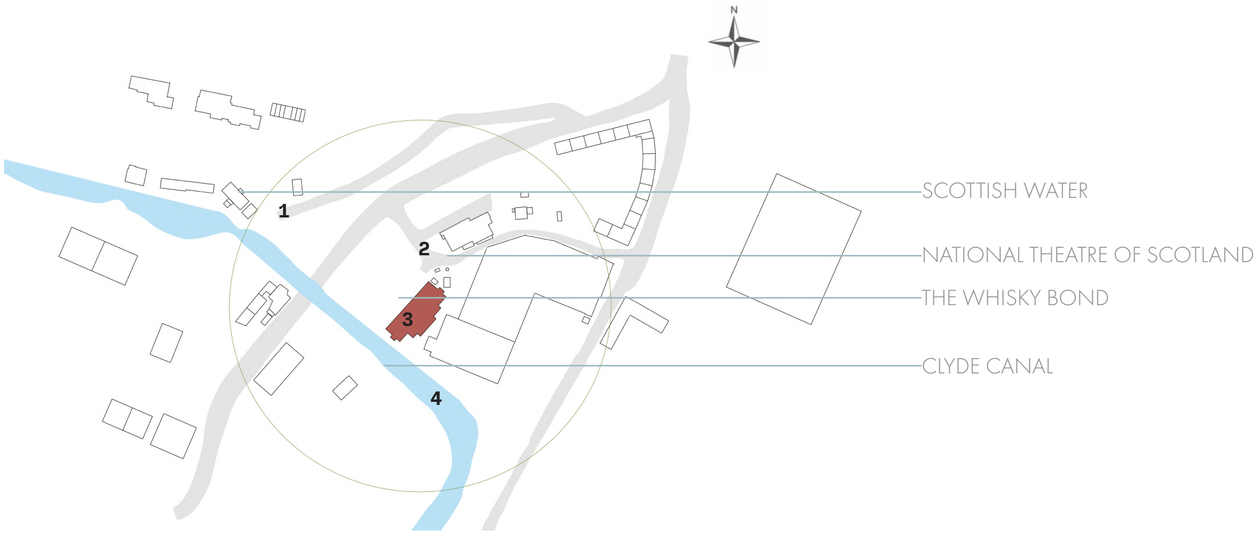
In today's time, when we are fighting climate change and the warming of the planet, it is important to reduce the impact of buildings on nature.
Biophilic design helps buildings reduce temperature by incorporating natural elements such as vegetation, green roofs, and shading devices. These features provide natural cooling through evapotranspiration, shade, and reduced solar heat gain, resulting in lower energy demands for artificial cooling systems and a more comfortable indoor climate.

CONCEPT:

The design aims to encourage the healing process for people requiring a short and long stay at the clinic. The inspiration was to explore the role of Interior Design in healthcare, meeting both practical and emotional needs. The sense of touch became a core consideration for the patient as my design and research developed. Through my research, discovered that sensory design could support the improvement of mental health by helping to reduce anxiety. The aspiration is that my building operates like a micro-city, where inhabitants are free to wander from private domestic space to supportive and therapeutic environments such as a counselling room, sensory room, relaxation space, cafe, and medical spaces. have enhanced my understanding of my chosen building using VR at an early stage in the design process. The entire project is presented in virtual reality to understand in more detail the atmosphere and volume of the interiors.

Location

The Whisky Bond Glasgow, Scotland



APPLE CROSS STREET — 1

DAWSON ROAD — 2

MY BUILDING — 3

THE CANAL — 4

Originaly seven storey building in Hamiltonhill area **made by concrete in interior** and **red brick as exterior.** The Whisky Bond can be searched by foot from Cowcaddens or St Georges Cross Subway stations on the Glasgow Canal, located at Speirs Locks on the Glasgow Canal. **Originally built in 1957** as a bonded warehouse for Highland Distilleries.

The building was transformed and **renovated in 2013**. It has become home to a community of designers, makers, creative businesses, artists, and social innovators since 2012. Provide space mainly for the creative and cultural industry. A large industrial building surrounded by Forth and Clyde Canal and an industrial area. All essential shops can be found on Baird Brea street when walking out of the building direction of Applecross street and over the bridge down to the city. The surrounding area includes National Theatre of Scotland, art and design workshops or Scottish water buildings.

GLASGOW BORDERS

Materials

As the stone is porous, the water absorption is high. This ability is advantageous for the surface around the water wall in the waiting area and the atrium—simple care and maintenance. It is local material for Great Britain, making this material more sustainable.

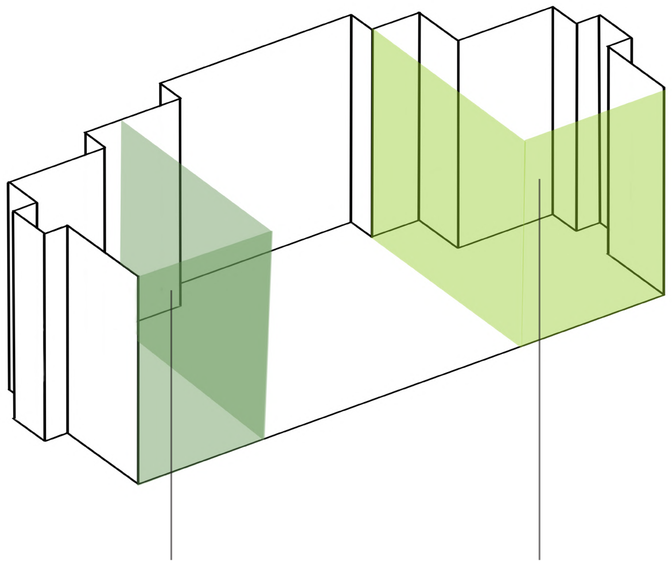
Wood is significant material which connects all floors together, the same as concrete. It is used from furniture to details such as handrails into big objects such as bridges connecting entire spaces. Wood is another sustainable touch in the building.

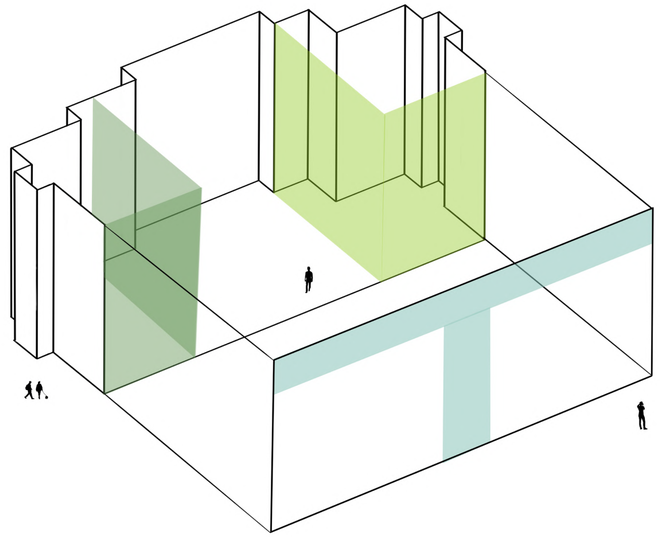
The fur concrete wall tile invites you to touch it. The surface is inspired by the fur of animals and can be used indoors and outdoors. In this project, fur concrete is used as a facade for accommodation and services exteriors. Created in the Netherlands by Studio Iwan Pol

Basicaly recyccled concrete. The primary construction material preserved from the original building structure. I kept this basic material as the main.

Green growing walls are the most natural and eco-friendly element in interiors. It supports biophilic philosophy and also the atmosphere in the building.

Cork oak bark is a material which it can be used in thin or thick layers. In my project, the cork was primarily used for details in the dining area and specific areas in ground floor.





HOW IS THE BUILDING ZONED?

The main **idea** was to select **services** such as counselling, GP or sensory rooms **from private accommodation and dining room**. In this case, the living area is situated in the part of the building where you can see the city centre from the windows.

Being able to bring more natural light and fill the space with shadows which copy interior details features, I break the building into two main parts. Over more, the facade was changed and replaced by huge vertical and horizontal windows to help light up bridges and the group floor atrium.

The front elevation has been changed to break **with two large windows. Vertical** is mainly for the reception and the waiting area to bring a calm atmosphere into space with rays of the sun. **The horizontal window is essential for the top floor,** where is the private dining room on the right side. It brings a spectacular view of the city and the canal with surrounding nature.

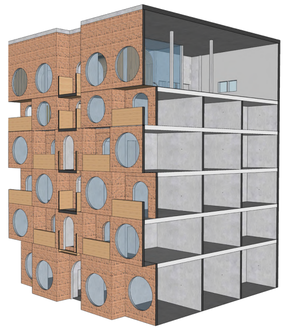
DISCOVER IN A 3D MODEL HOW THE BUILDING WAS ORIGINALLY DE-SIGNED

ARE YOU CURIOUS WHAT THE ATMOSPERE IS THERE LIKE?

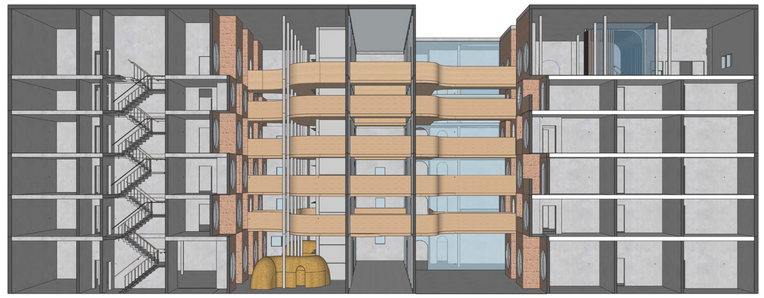
FRONT ELEVATION WITH MAIN ENTRANCE

Concept design in detail

The idea came up from cubes which I started putting together in order.



This picture demonstrates how blocks are situated.



Once I had a pattern to follow, I reflected on the opposite part of the building. The next stage became to connect these two structures by bridges, but at the same time, they must stay separated from the reception and waiting area.

WHAT PLANTS ARE IN THE ATRIUM?

BLUEBERRIES

IVY

Modular blocks made of **fur concrete** with a plastic facade in **terracotta colour**. Cold material with **potential** patients can **use the sense of touch**. My idea was inspired by Rubik's Cube, where everything "clicks together". Each floor has different dimensions from floor to floor, which means each modular block is unique in size. As the building is divided into two parts, I created **the reflection**. The same modular blocks are used in the services area as the facade. **The balcony** provides freedom for inpatients to reach fresh air and natural light. Usually, they are not allowed to leave the building alone. The use of wood and plants, especially ivy, creates a peaceful atmosphere.

Open space atrium with a view into the sky. It is a fluent transition between reception and private accommodation. The atrium supplies **contact with nature – outdoor area with trees, plants and bushes.** An **artefact for socializing** is a garden shelter where, for example, patients can meet or talk with peers in different environments than in group therapy sessions.

Desinging details in interiors

The dining area is the most **critical part** of the interior **for people with eating disorders**. Patients need to be encouraged to walk in and be able to spend the necessary time and eat their meals. The entire space is covered in greenery with details, which can help patients cope with stress about eating.

The primary purpose was to **change the entire space** so people didn't think they were in a dining room. Another important aspect was how patients would be circulated in the area. For example, **new arrivals need more privacy and quiet eating time**. There are fixed **booths for this purpose**. They are small, round, tall and heavy pieces of f**urniture made of wood** where patients can sit and feel safe.

The **other type** of **seating** is **located in the back** of the dining room. This space is already **open and encourages patients to sit with their peers and support each other**.

My idea was to bring a **sense of Eden Garden** into the interior. Patients can find small details in the space, such as **grapes growing above booths** or flowering **tomatoes**.

SEATING AREA FOR GROUPS

QUIET SEATS AREA

GREEEN LIVING WALL TECHNICAL DETAIL

1 SUPPORT SYSTEM

2 WATERPROOF BACKING BOARD

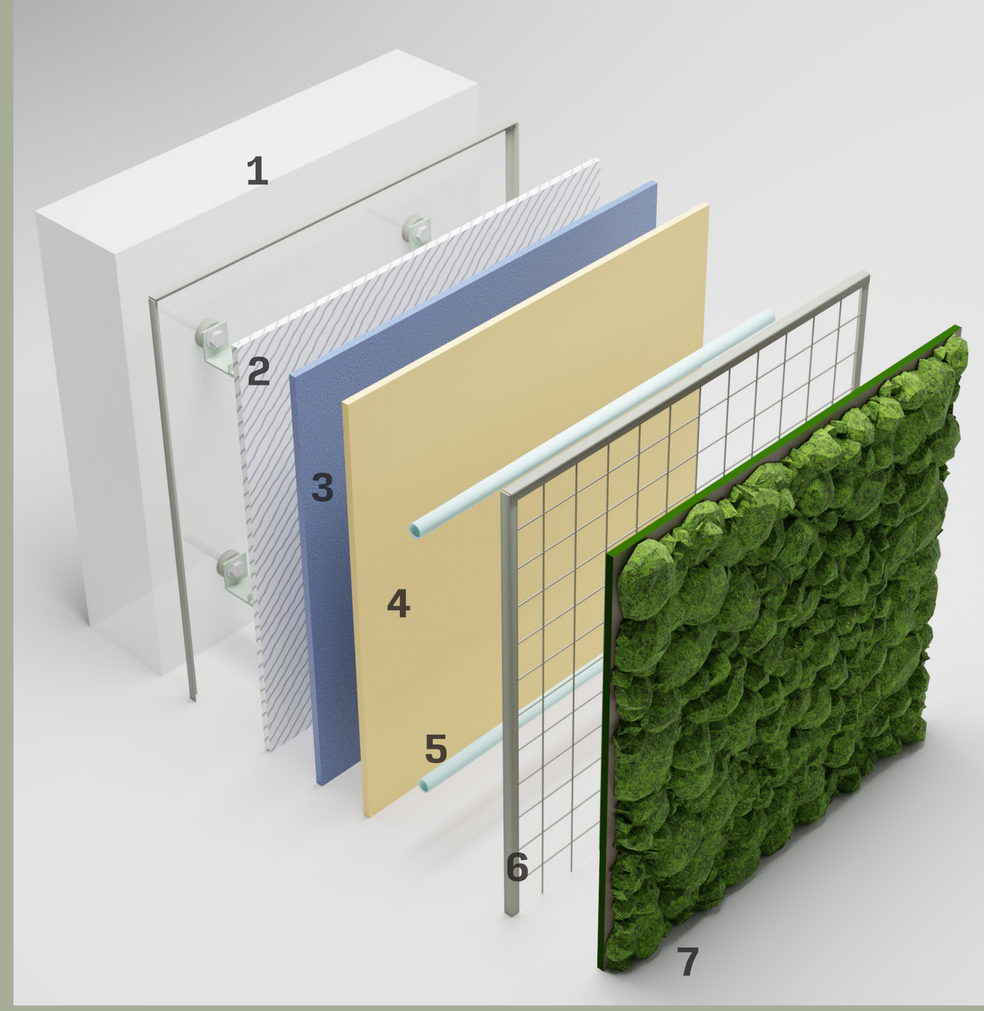
3 REAR DRAINAGE LAYER

4 LAYER FOR SEEDS AND ROOTS

5 ALUMINIUM RAILS AND DRIPLINE

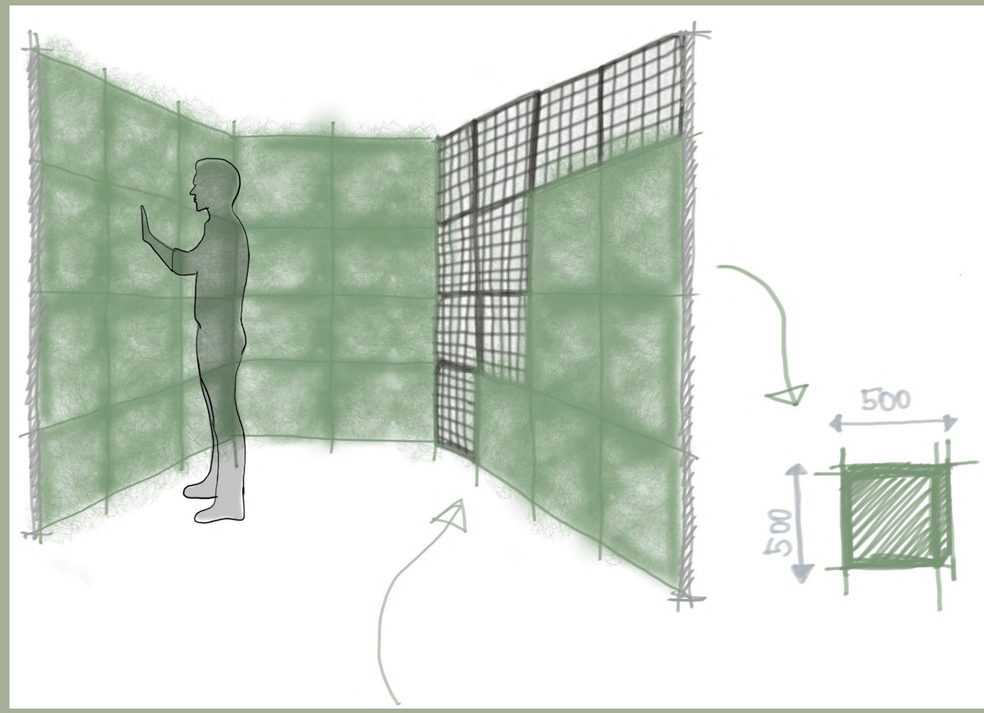
6 GRID

7 MOSS



The most significant part of **biophilic design** is **greenery**. For this project, located in Scotland, I chose **moss** as the main plant. Moss grows in high humidity environments very well. Also, helps to soak up rainfall, maintain moisture in the soil below and keep conditions around them humid. All these advantages are perfect for the atrium and interiors, where is no good access to fresh air as the building has small windows.

The rainwater for the green living walls is collected from the roof and drain pipes across the building.



Wall build in progress sketch