

### **Thesis Question**

Can architecture provide an experiential quality of spaces to allow for mental stability in those with depression?

### **Thesis Statement**

Architects and Interior Designers have a responsibility to ensure users with depression are physically and mentally comfortable in occupiable space.

### **Abstract**

This thesis challenges the idea that those with depression should be removed from society and instead offer them a space that will support the bettering of their mental stability. This thesis project is the design of a retreat for those who suffer from depression. This retreat focuses on achieving mental stability through the design application of light, color, and texture. A labyrinth is used for circulation to allude to the idea that mental stability is not a linear path. Some occupants will take wrong turns, some will take longer than others, and some need time to fully think through decisions while looking at their options from different perspectives. The program will include communal spaces to encourage social interaction, therapy rooms, recreation activities such as swimming, working out, and working, as well as sleeping quarters. The site has a series of ramps to allow exploration of the landscape by offering level changes to see the whole from different angles and elevations. Greenhouse spaces within the building allow users to pause and be with nature without having to leave the building. The building itself is only accessible to users and their families, while the site is open to the surrounding community. This thesis design ensures that users have a safe space for healing and recovery.