**ACTIVITIES TO BRIDGE THE TABOO**

The idea is that the different activities happening at the center will become one of the bridging activities to overcome the taboo of mental illnesses. For this reason, it is important that the activities at workshops relate to a wide range of both to healthy and ill people. The challenge will be in the transition from private to public and their reality.

**Music**

Music therapy comes in two different forms: active and receptive. In active therapy, the therapist plays or makes music to the patient who is free to creatively participate in creating music with instruments, their voice, or other objects. This allows for the patient to be creative and expressive through the art of music. Receptive therapy involves the therapist using music to facilitate introspection, emotional expression, and facilitating relaxation. The music therapist can adjust the music to suit the patient's needs and preferences.

**Urban Farming**

For the past few years, urban farming has been an expression of new ecological thinking and sustainable living. Self-sustained urban farming is not only a lifestyle choice, but it can also help reduce the carbon footprint of cities, promote biodiversity, and improve mental and physical health. Urban farmers can teach people how to prepare organic food and become “urban farmers” by creating small-scale, low-impact agricultural systems in urban environments.

**Art**

A form of psychotherapy that uses art media as its primary mode of communication. The therapy may be provided for groups, or for individuals, depending on clients’ needs. A form of psychotherapy that uses art media as its primary mode of communication. The therapy may be provided for groups, or for individuals, depending on clients’ needs. The psychotherapeutic use of movement and dance to support intellectual, emotional, and motor functions of the body. As a form of expressive therapy, DMT looks at the correlation between movement and emotion. It can help individuals gain insight into their lives and their emotional and psychological states. DMT is often used to help clients disengage from self-criticism, rumination, and reactivity to them. This process is known as “Decentering.”

**Theatre**

Theatre is a form of performance art that involves the use of actors, costumes, sets, and props to tell a story. It can be a powerful tool for emotional expression and can help individuals gain insight into their lives and their emotional and psychological states. It can also be a form of therapy for people who are dealing with mental health issues. Theatre can help individuals express their feelings and emotions more effectively, can help them gain a deeper understanding of themselves, and can help them develop healthier coping strategies.

**Connect Brooke**

We know those going through depression, anxiety or stress can benefit from having a deeper understanding of themselves. They want to be reassured that there’s help. The Live Love Laugh Foundation is an organization where everyone can get comprehensive knowledge, connect with professionals, and feel comfort knowing that they’re not alone. There is general help.

**Deepika Padukone, Founder, The Live Love Laugh Foundation**

In India, this ‘opening up’ on mental health issues and illness is radical and essential as earlier it was stigmatised. Since we are a (collective) culture where societal norms are governed by the collective, encouraging open discussion and minimising stigma promotes a mentally healthy society which is inclusive.
Access to nature
Group interaction

SITE STRATEGY

TEST SPATIAL ARRANGEMENT

CONCEPTUAL SPATIAL ARRANGEMENT

CONCEPTUAL PROGRAMMATIC DIAGRAM

Site\n
Environment

Visual disturbance

Group interaction

Access to nature

Light

Urban Variance 2016-17
Breaking The Taboo of Mental Health
Anton Valek
Ground Floor With Context
1:200

View of public square with a variety of activity possible to take place
View looking south, showing the moderate relation towards the noisy Relief Road whilst opening up towards the residential.
When closed the two spaces function independently of each other, for example, creating the opportunity for the patient to choose the level of participation in a private room. Even closed, the central pedestrian garden open to the public is connected to these rooms to form a small block which in turn is centered around a common dining area.

When open the two spaces are connected allowing the public glimpses of the activity within the building. When opened this becomes the entrance to the cafe as the first invitation for the public to take part of the activities taking place. It can also function as a stage where various performances can take place as a tool for dialogue between public and the center.

Institution

Bounded, safe, but still connected to common where the activities can take place. A new inspiration from Kazuhiro Fujimoto’s children rehab center where he is talking about how he tried to get away from the institutional feeling.

Mediator

Near the part of the building as the potential bridging of the taboo, it is where the activity-based therapy takes place but also trade, the potential of making and healthy people. I see this space more as a triangulation between the different levels, the ground level main reception, café and information center with the public spaces indoors and outdoors or simple performances in the open playground. Artful and second floor there are open spaces to host different activities during the day.

Public

Every room/fields/landscapes/interior at any level can be used when common spaces open.