Designing For Mental Health Facilities
Two Major Factors That Promote Occupant Wellbeing

This clinic is an in and outpatient facility for depression and anxiety and at-risk patients. In the design of this clinic, two important factors are addressed. First, the safety of the patients staying at the facility. And second, the impact the facility has as an environment.

Safety of patients that are at risk for self-harm is a major concern for a clinic like this one and although the staff monitors patients consistently taking the risk factors into consideration when designing such a facility is crucial to aiding the success of the clinic staff in providing a safe place for their patients. Designers have to address every aspect of patients rooms to ensure that no part of the space could be easily used for self-harm or could become a hazard for staff. Public spaces that are not as secure as private rooms need to be arranged in a way so that staff have easy access to the whole space in case of an emergency.

The facilities overall design also plays a large role in the wellbeing of the occupants. In designing spaces that are used by patients the effect that elements such as lighting, color, texture, and furniture layout and design should all be taken into consideration as to how they will impact the user. As an example color can affect the mood of people in a space. So a therapist would not want a heavy amount of red as this color can act as a stressor. Very dark and drab colors can also have a negative effect. Light soft colors with natural tones are ideal as they encourage calm and relaxation.

These two points play a vital role in the success of the clinic as an environment and also aid in the overall success of the practice. Providing a safer surrounding and a space that promotes well being and healing.

Floor Plans
A balance between patient living areas and more public areas was created for the clients success in providing both in and outpatient care. Living areas require a higher standard of safety for patients and as well try to provide a level of "at home comfort" while they are staying at the facility. Recreational areas are emphasized for patient comfort and enjoyment and sleeping quarters are outfitted with safety measures to ensure patient well being during treatment.

Typical Clinician Office
A: Wood paneling and wood finishes on the furniture help to warm up the space and make it feel more comfortable.
B: The wall of windows allows a generous amount of natural light to enter the space.
C: Soft neutral colors help to relax and settle patients in the space.
D: Abundant plant life helps to bring in positive energy into the space.

Patient Rooms Elevations & Floor Plan
A simple and effective layout for patient rooms is desirable in order to maintain the level of safety required for the facility. Anti-ligature hardware and methods for appliances and furniture were adapted to the space so that patients can enjoy the privacy of their rooms and the staff can know that patients are out of harm’s way while unsupervised.