

Mental Wellness center



Concept Diagram



SDGs

Mental health and wellness are vital parts of our lives that seem to be neglected in Egypt and the Middle East. With many people struggling with PTSD, OCD, anxiety, depression, and a cure, we need a strong entity that provides the proper care to overcome such struggles. However, there are multifactorial obstacles that require attention for a successful and fair to reproduce and improve the health care services in our country. The idea is to serve this shortage by building after people who are struggling mentally and help them reach a better state of mind. This can be achieved in a serene and therapeutic environment that can help the user open up on the one hand, and physical activities that can reduce their stress.

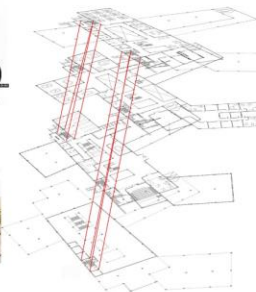
Site Accessibility



Solid & Void



Vertical Circulation Diagram



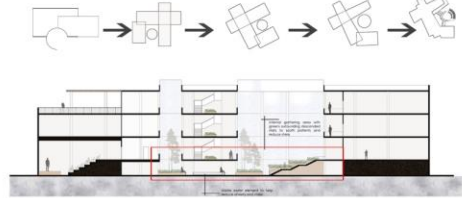
Horizontal Circulation Diagram



Zoning Diagram



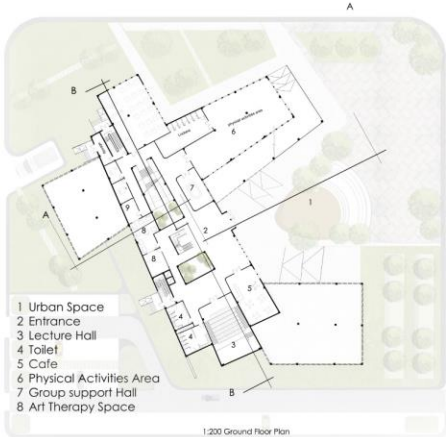
Form Development



The site is surrounded by too many blocks, so voids and greens are used to be the lung of its surroundings



Building is oriented towards north-east to catch as most wind as possible



- 1 Urban Space
- 2 Entrance
- 3 Lecture Hall
- 4 Toilet
- 5 Cafe
- 6 Physical Activities Area
- 7 Group support Hall
- 8 Art Therapy Space

1:200 Ground Floor Plan

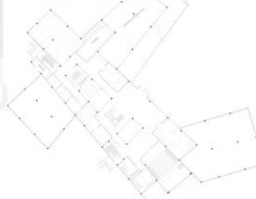


- 1 Multi-purpose hall
- 2 Toilets
- 3 Aromatherapy Room
- 4 Consultation Room
- 5 Hypnotherapy Room
- 6 Family Therapy
- 7 Child Support Area
- 8 Indoor Playground
- 9 Semi-outdoor Space
- 10 Group Therapy

1:200 First Floor Plan

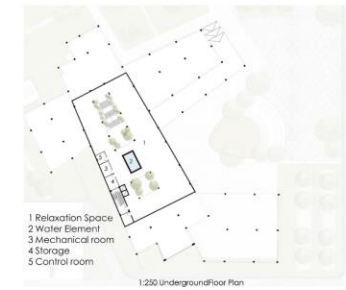


Structure Grid



- 1 Conference Hall
- 2 Terrace
- 3 Toilet
- 4 Offices
- 5 Cafe
- 6 Secretary office
- 7 Call center
- 8 Manager Office
- 9 Meeting room
- 10 Lounge
- 11 Storage
- 12 Archive room

1:200 Second Floor Plan

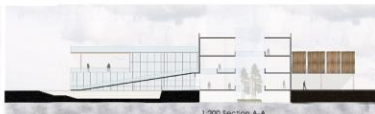


- 1 Relaxation Space
- 2 Water Element
- 3 Mechanical room
- 4 Storage
- 5 Control room

1:200 Underground Floor Plan



1:200 Section B-B



1:200 Section A-A



Louvers used in south elevation for shading

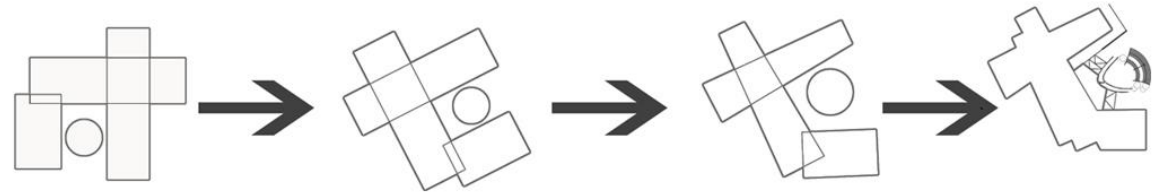
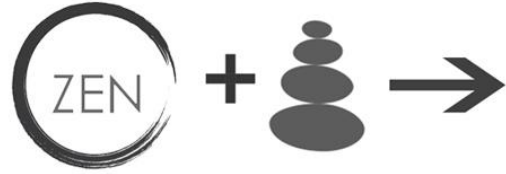
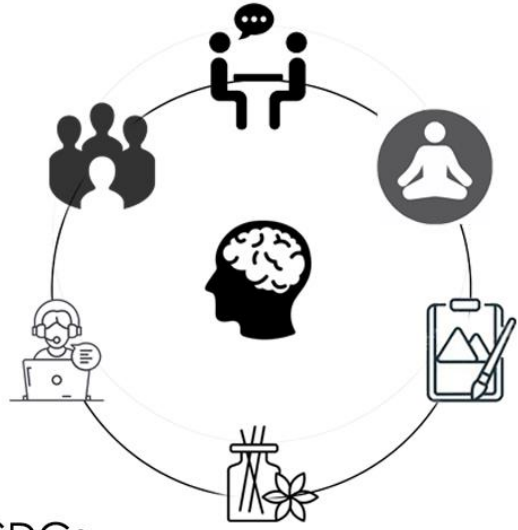


1:200 South Elevation



1:200 Main Elevation

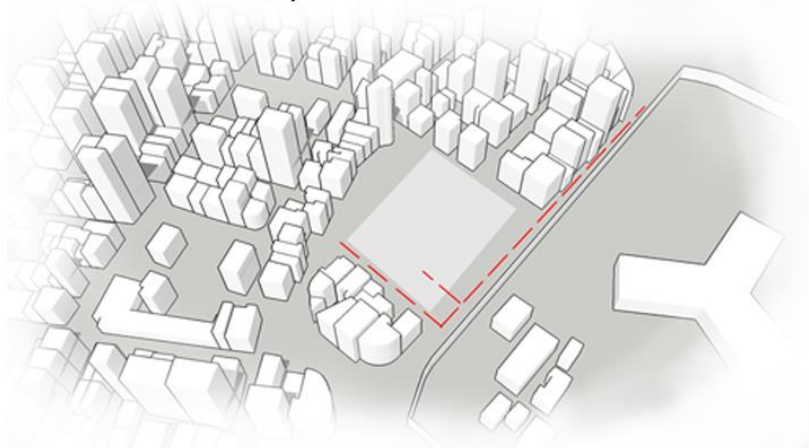
Concept Diagram



SDGs

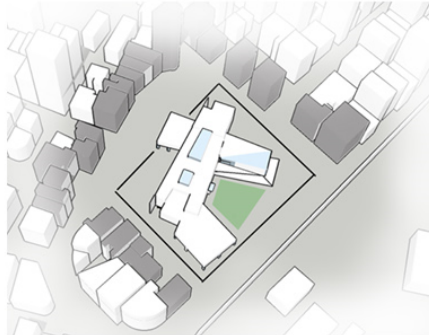


Site Accessibility

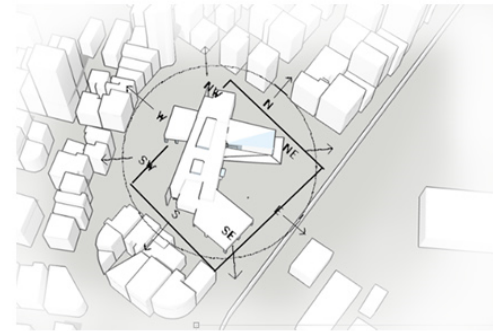


Solid & Void





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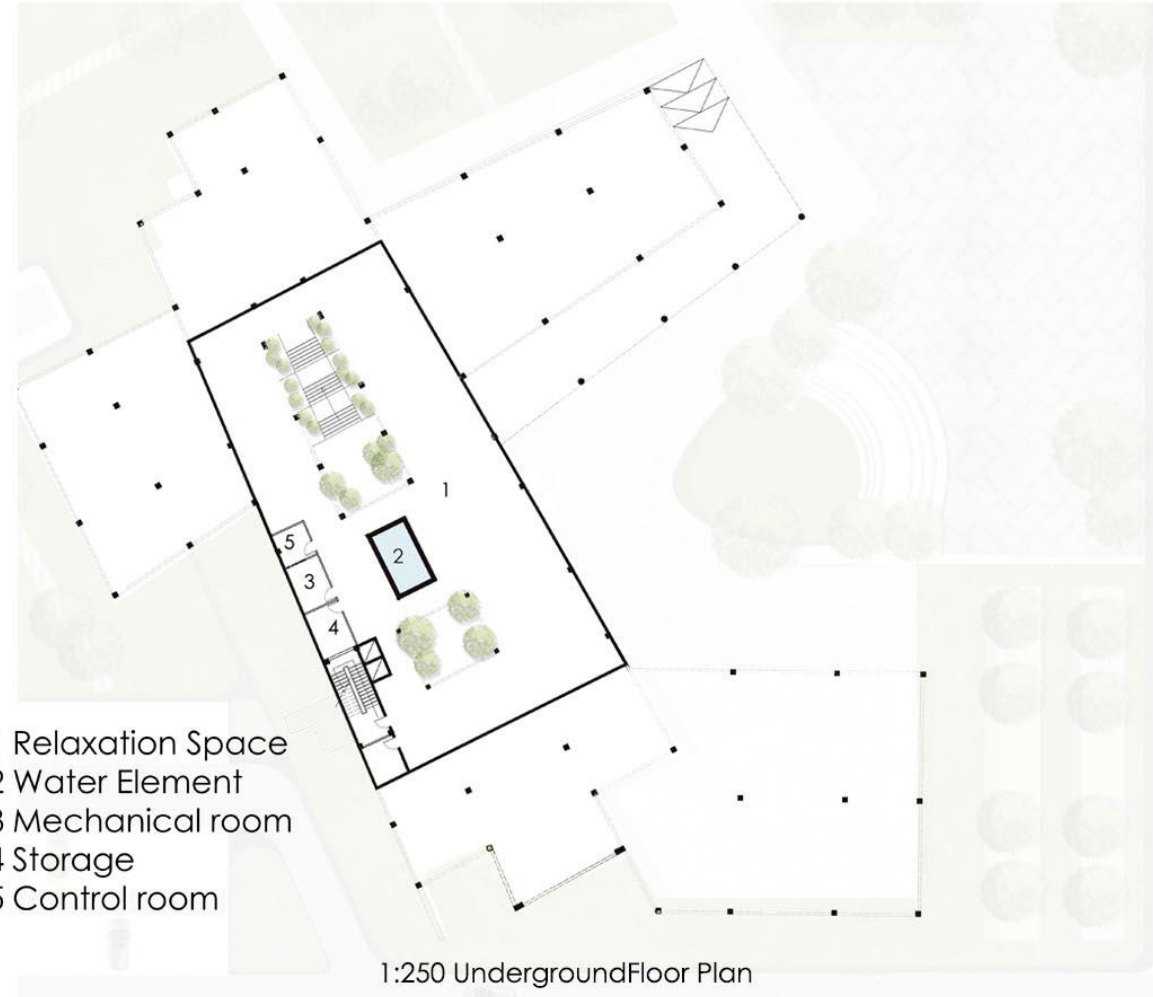
Ground Floor Plan



1st Floor Plan

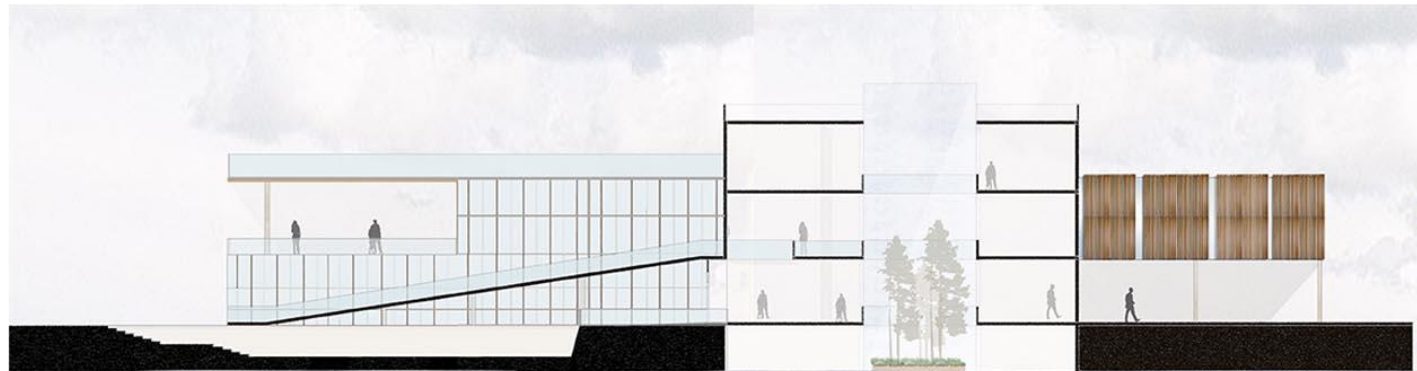
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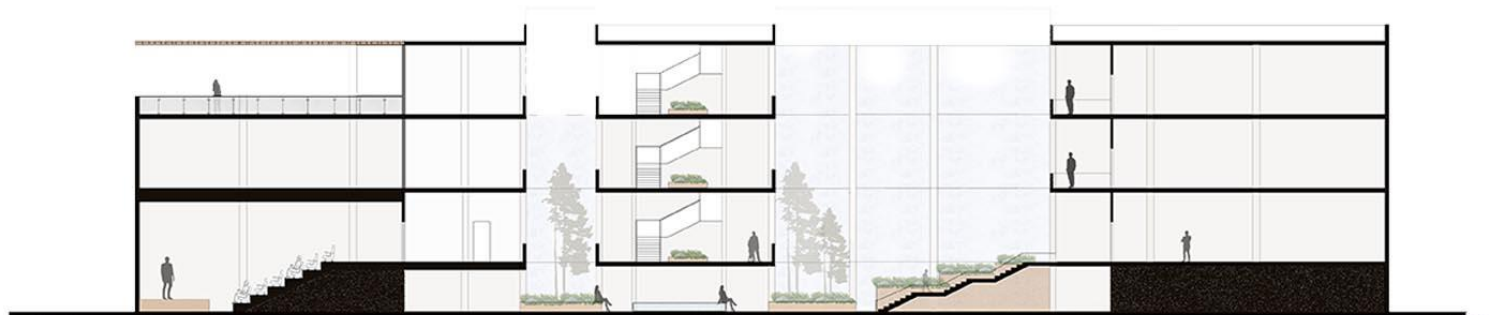
Main Elevation



Section B-B



South Elevation



Section A-A



A decorative background on the left side of the slide, featuring a dark blue vertical bar and a lighter blue circle partially overlapping it.

•THANK YOU