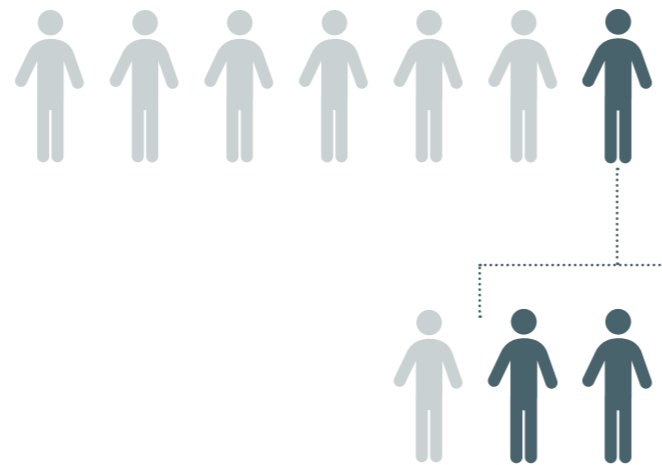


# Re:MIND

*A public library for private well-being*

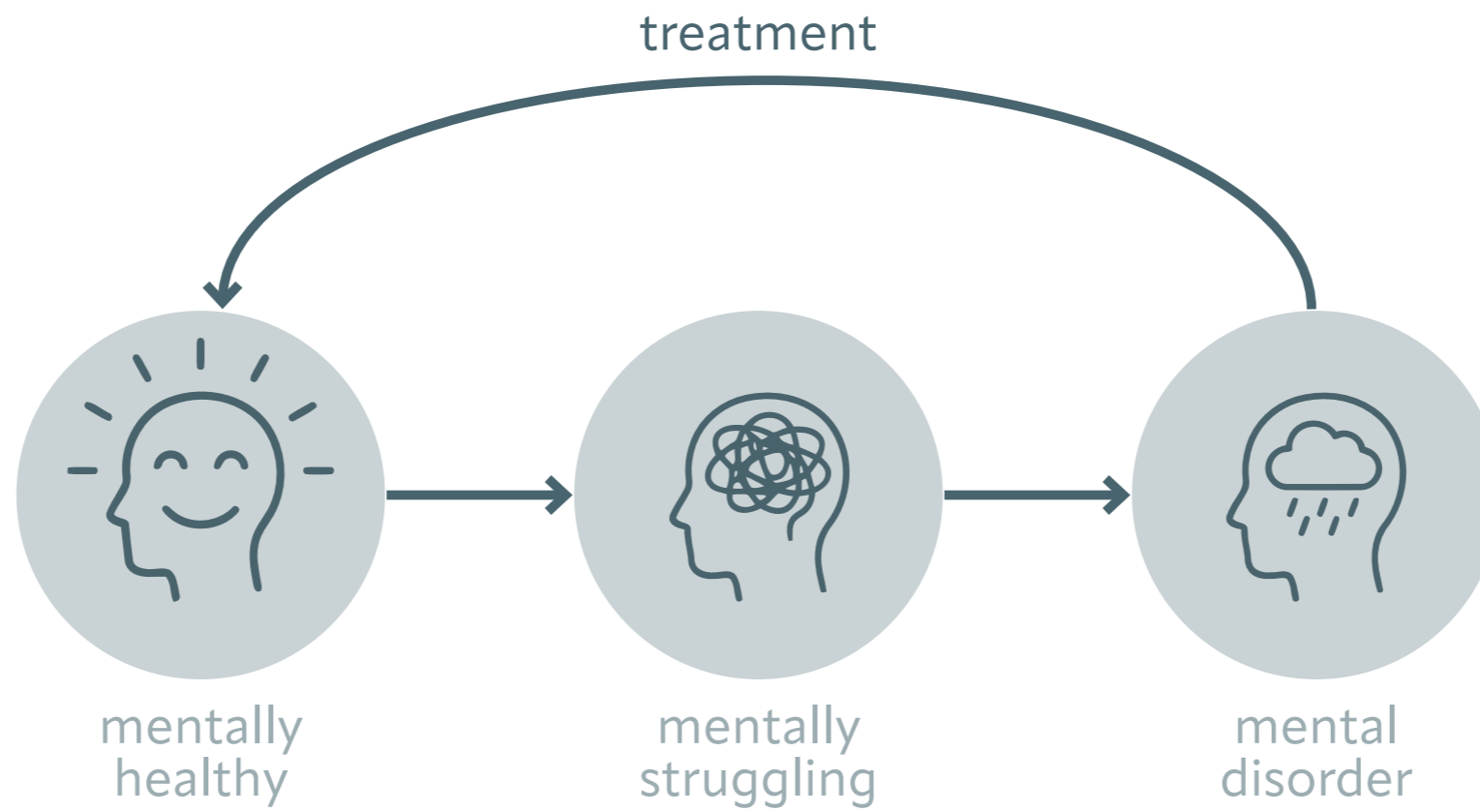
# THE PROBLEM

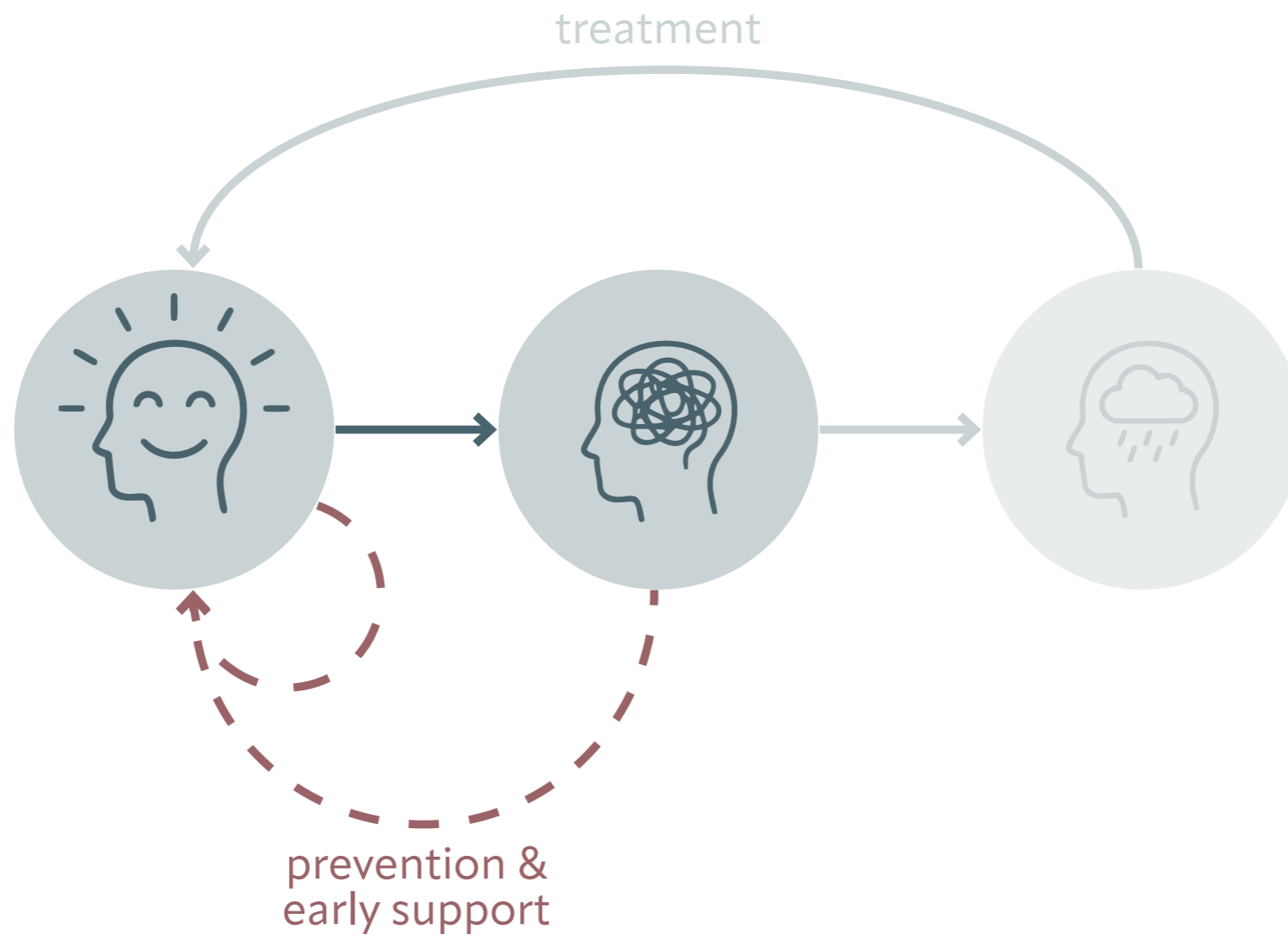


1 in 7 people live with a mental disorders

2/3 by age 25

treatment > prevention





# THE CONCEPT

**Creating easy access to mental health literacy**

# THE CONCEPT

**Creating easy access to mental health literacy**



*"a basic skill or knowledge of a subject"*

# THE IDEA



Mental

mental health literacy

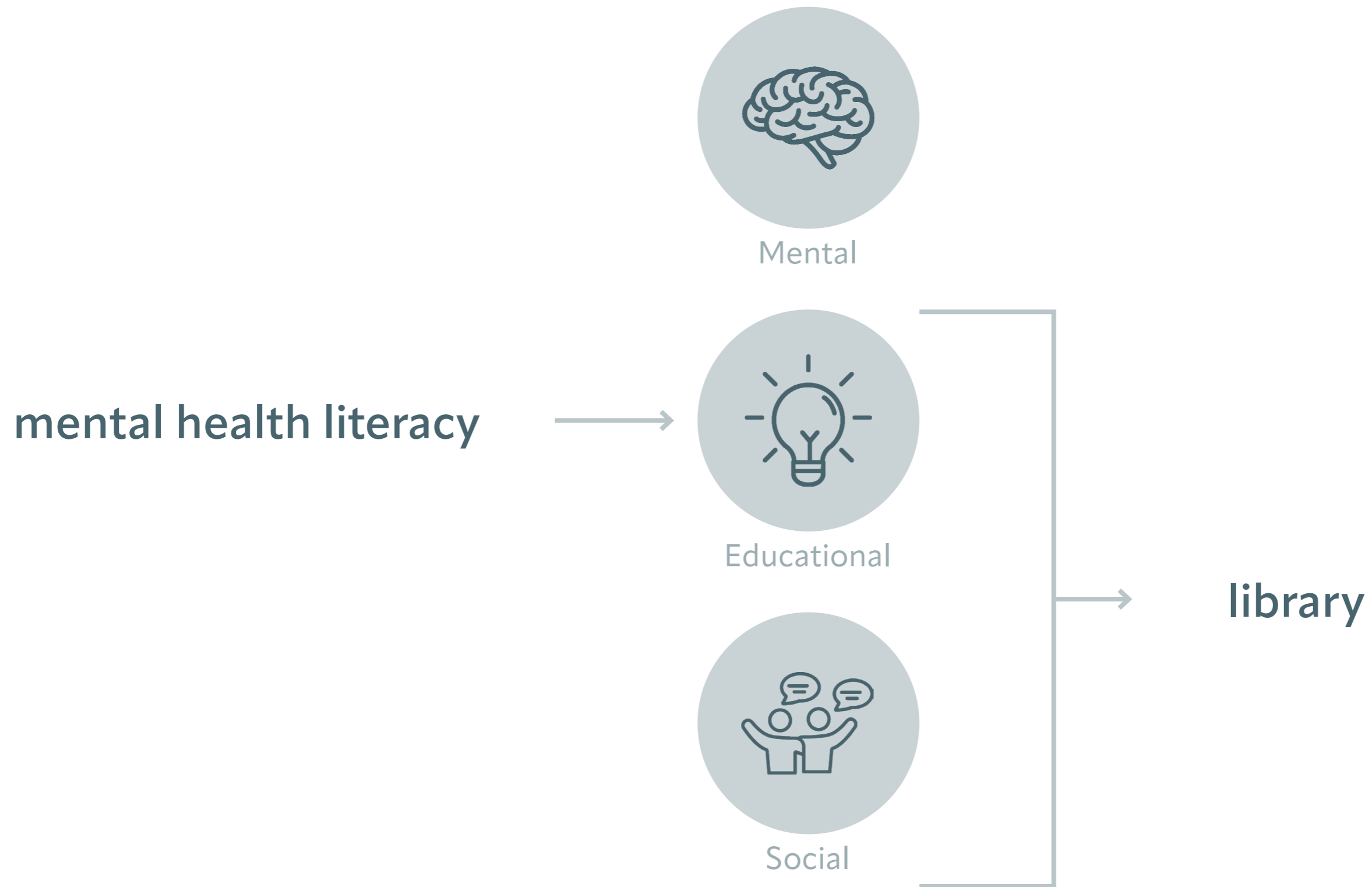


Educational



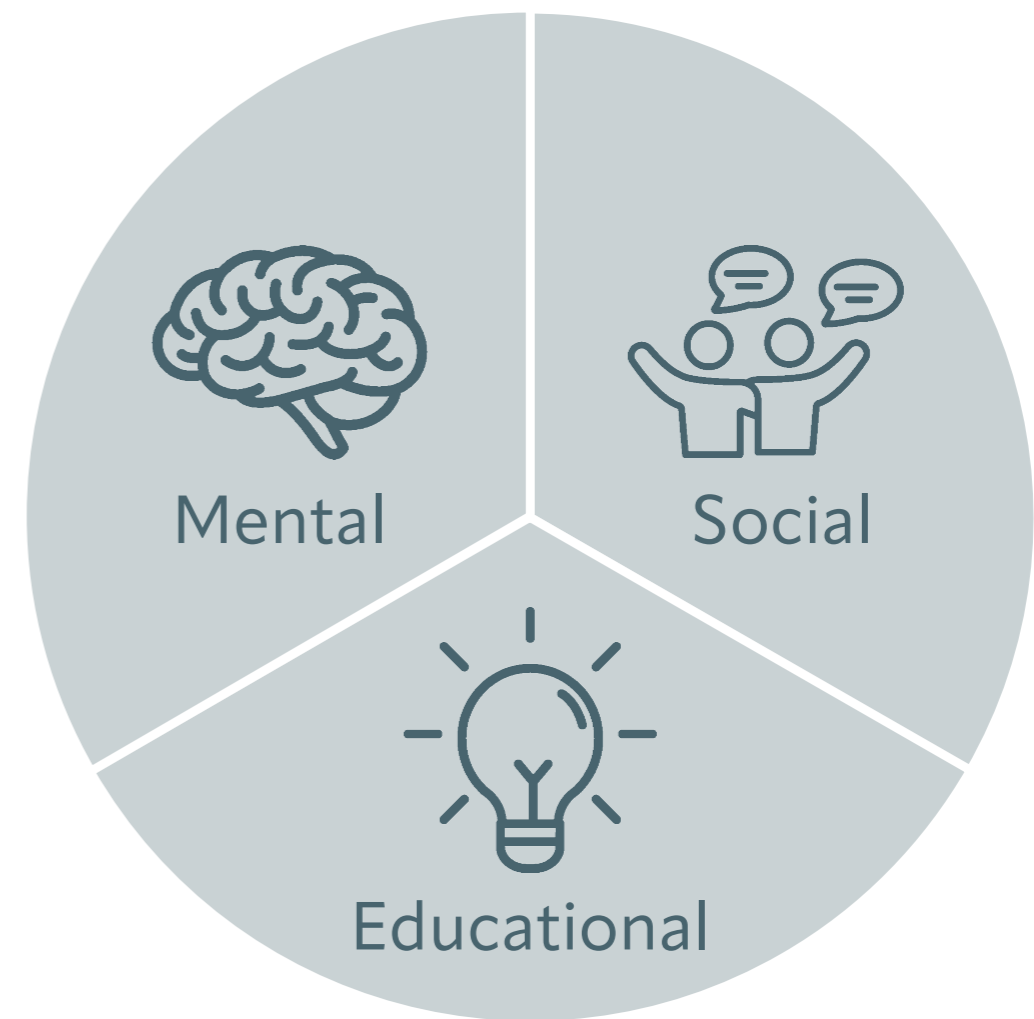
Social

# THE IDEA



# THE IDEA

library  
+  
mental health literacy



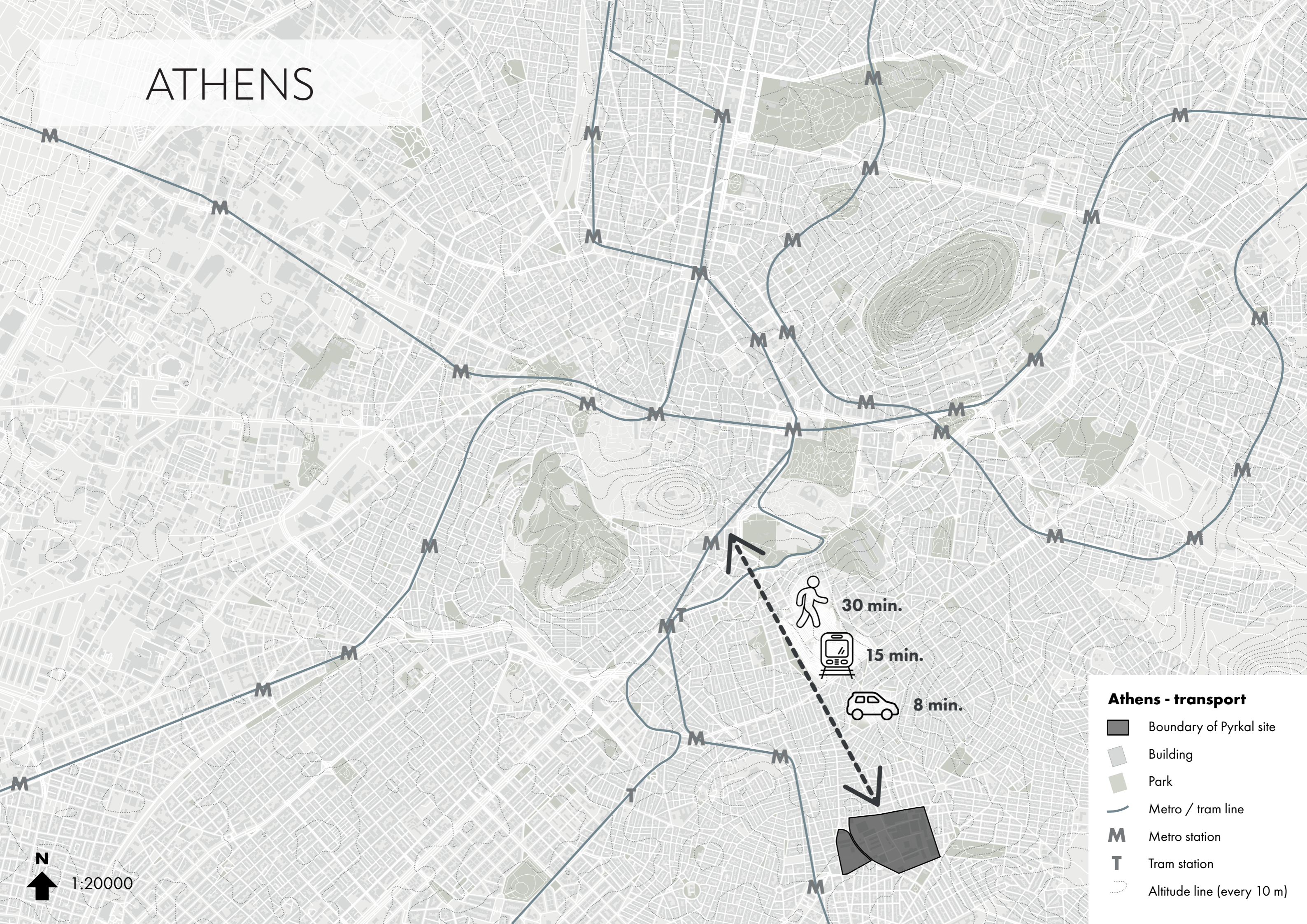
# THE QUESTION

**How can a public library be designed to actively support and normalise preventive mental health?**

# GREECE



# ATHENS



## Athens - transport

- Boundary of Pyrkal site
- Building
- Park
- Metro / tram line
- M Metro station
- T Tram station
- Altitude line (every 10 m)

N

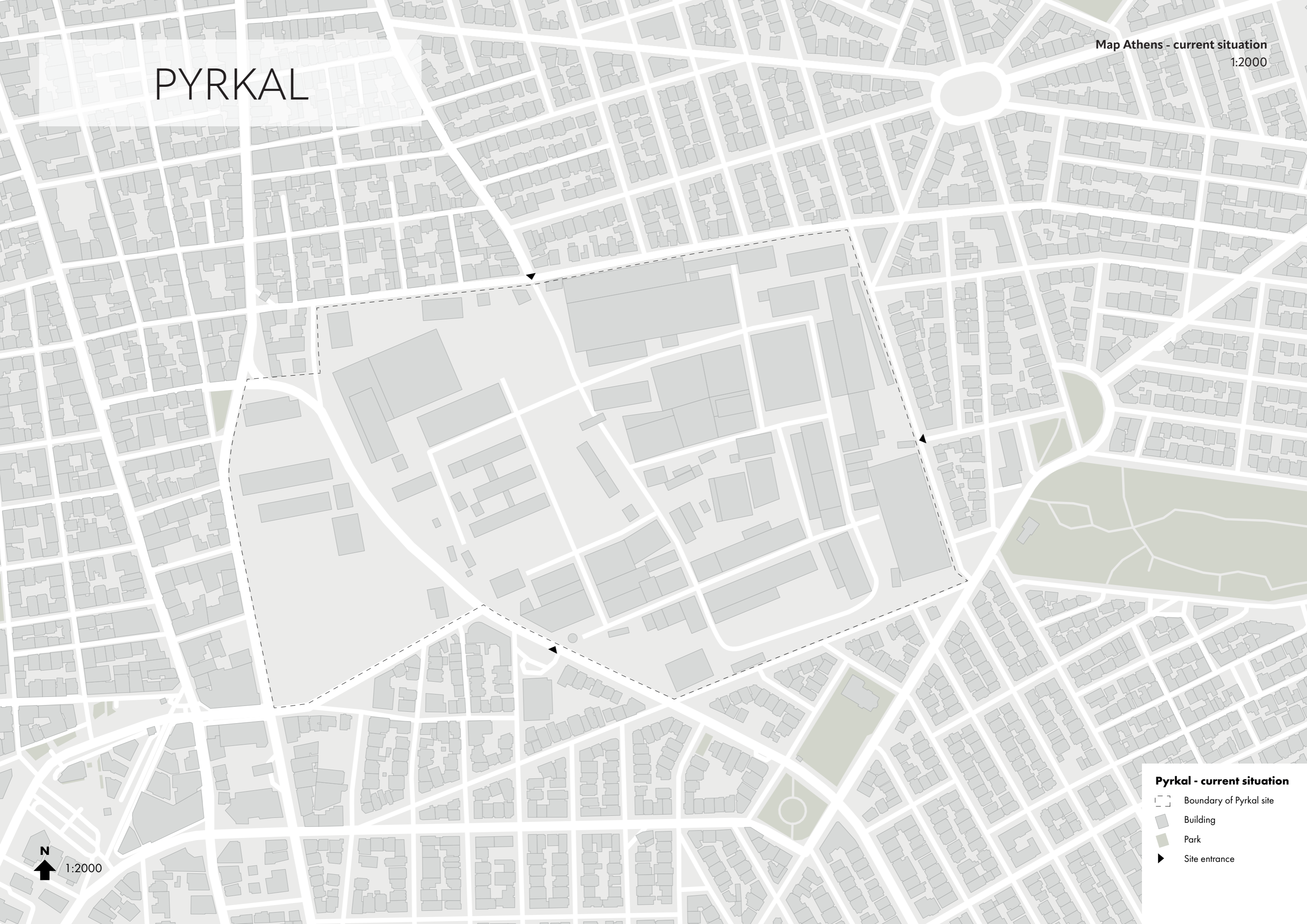


1:20000

# PYRKAL



# PYRKAL



- Pyrkal - current situation**
- Boundary of Pyrkal site
  - Building
  - Park
  - ▶ Site entrance



**Pyrkal - masterplan**

-  Pyrkal site boundary
-  Library boundary
-  Building
-  Park
-  Walking path
-  Tree
-  Square



1:2000

Preservation

Park

Paths



**Pyrkal - masterplan**

-  Pyrkal site boundary
-  Library boundary
-  Building
-  Park
-  Walking path
-  Tree
-  Square

No obstruction

Privacy

Cool climate



**Pyrkal - masterplan**

-  Pyrkal site boundary
-  Library boundary
-  Building
-  Park
-  Walking path
-  Tree
-  Square

# THE USERS

## THE ONES WHO PASS BY

*They pass by and observe from the outside*



### The park visitor

This visitor is just passing through the park and notices the building along the way. People seemed to enjoy themselves inside. She might stop for a moment and grab a cup of coffee.

What he needs:

- A path that continues through the building
- Spaces to pause, sit, and observe

### The first-time visitor

This visitor has never been to the library before but has heard about it. Today, he happens to pass by, feels drawn in by the people and atmosphere, and decides to explore the space on his own.

What he needs:

- Freedom to wander
- No pressure to participate

## THE STAFF

*They run the library and support its users.*



### The professional

She works here full time and helps people with everyday struggles at school, work, or home. She listens, asks questions, and helps them figure out what they need. She also gives workshops on topics like mindfulness and stress.

What she needs:

- An office
- Consultation spaces
- Workshop spaces

### The librarian

He is here every day and knows the library well. He helps people find books that match their interests, whether they know exactly what they're looking for or not. He enjoys seeing their enthusiasm and helping them discover something new.

What he needs:

- An information desk
- Direct access to the library collection

## THE INDIVIDUAL USERS

*They come alone and blend into the collective environment.*



### The student

She has an important exam coming up but cannot focus at home because of noise and distractions. She regularly goes to the library to concentrate without being disturbed.

What she needs:

- Quiet study spaces
- Flexible seating

### The one who practices yoga

She has a busy and hectic life and uses movement to clear her mind. She practices yoga and breathing exercises regularly to relax and reconnect with herself.

What she needs:

- A calm space for movement and breathing
- A quiet atmosphere



### The lonely elderly

She feels alone in her daily life, where most days are quiet, with little moments of interaction. Her favorite moments of the week are the Tuesday and Thursday evenings, when people gather for dinner at the library's community kitchen.

What she needs:

- Informal social spaces
- Community activities (e.g. shared meals)

### The reader

He is interested in self-development and wants to understand his thoughts and behavior better. He looks for guidance on what to read.

What she needs:

- Access to books
- Light guidance or recommendations

## THE SOCIAL & GROUP USERS

*They make plans together*



### The study group

This group of high school friends study together regularly. They make homework, discuss, and take coffee breaks together.

What she needs:

- Shared study spaces
- Places to sit together without disturbing others
- Coffee place

### The workshop friends

These friends are interested in self-development and enjoy participating together in lectures about topics like habits, focus, and mindset.

What they need:

- Interactive learning spaces
- A relaxed, open atmosphere



### The one who needs a listening ear

She is going through a difficult time and needs a friend to talk to. She is not looking for therapy, just a safe and informal conversation over lunch.

What they need:

- A casual, comfortable place to talk
- A sense of privacy without isolation
- Lunch at a restaurant

### The team building colleagues

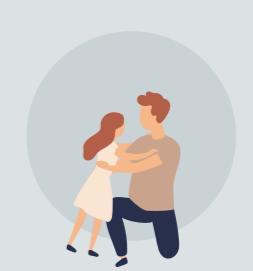
They come as a group from work to learn how to create a healthy workspace and better support each other.

What they need:

- A workshop space
- A semi-private group setting

## THE SUPPORT & CARE USERS

*They come alone and seek support*



### The one who's overwhelmed

He feels overstimulated and cannot find peace at home because it is always noisy and chaotic with his brothers and sisters around. He needs a place where he can slow down, clear his mind, and simply find some peace and quiet.

What he needs:

- Quiet, low-stimulus spaces
- A place to sit alone without feeling isolated

### The single dad

He is a single dad who struggles to balance everything in his life. He wants to do the best for his daughter but does not always have the answers. Sometimes he needs someone to talk to and ask for guidance.

What she needs:

- Access to low-threshold professional support
- A private space for conversation



### The bullied kid

He is being bullied at school and does not have any friends there. He feels very alone and does not know what to do or who to talk to. He is looking for a place where he feels safe and understood.

What he needs:

- A group session with people with the same struggle
- Safe group environments

### The one who's struggling

He has been feeling down for a while but does not fully understand why. He finds it hard to talk about his feelings and does not want to burden others by asking for help.

What he needs:

- Low-threshold guidance
- A safe, private space to talk to a professional

# THE PROGRAM

## SOCIAL



Meeting



Coffee



Talking

# THE PROGRAM

## SOCIAL



Meeting



Coffee



Talking

## EDUCATION



Workshops



Studying



Learning

# THE PROGRAM

## SOCIAL



Meeting



Coffee



Talking

## EDUCATION



Workshops



Studying



Learning

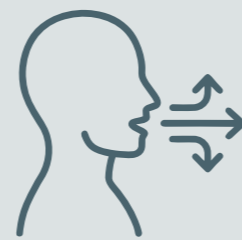
## ACTIVE



Exercising



Meditation



Breathing

# THE PROGRAM

## SOCIAL



Meeting



Coffee



Talking

## EDUCATION



Workshops



Studying



Learning

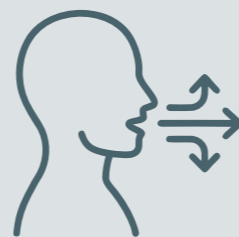
## ACTIVE



Exercising



Meditation



Breathing

## RETREAT



Reflection



Reading



Journaling

# THE PROGRAM

## SOCIAL



Meeting



Coffee



Talking

## EDUCATION



Workshops



Studying



Learning

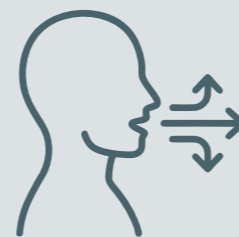
## ACTIVE



Exercising



Meditation



Breathing

## RETREAT



Reflection



Reading



Journaling

## SUPPORT



Consultating



Peer support



Referral



## THE STRESSED UNIVERSITY STUDENT

### Description:

- Exam stress
- Feeling lonely
- Interested in self-development

### Needs:

- A friend to talk to
- Learn coping skills
- Focused study space



## THE STRUGGLING HIGH-SCHOOL STUDENT

### Description:

- Overwhelmed
- Feeling down
- No one to talk to

### Needs:

- Low-threshold guidance
- Safe private support
- Quiet, low-stimulus space



**PUBLIC**



**PRIVATE**

**ATMOSPHERE GRADIENTS**

|        |   |       |                  |       |   |      |
|--------|---|-------|------------------|-------|---|------|
| High   | ← | ----- | <b>Scale</b>     | ----- | → | Low  |
| High   | ← | ----- | <b>Exposure</b>  | ----- | → | Low  |
| Low    | ← | ----- | <b>Enclosure</b> | ----- | → | High |
| Medium | ← | ----- | <b>Sound</b>     | ----- | → | Low  |
| Medium | ← | ----- | <b>Movement</b>  | ----- | → | Low  |

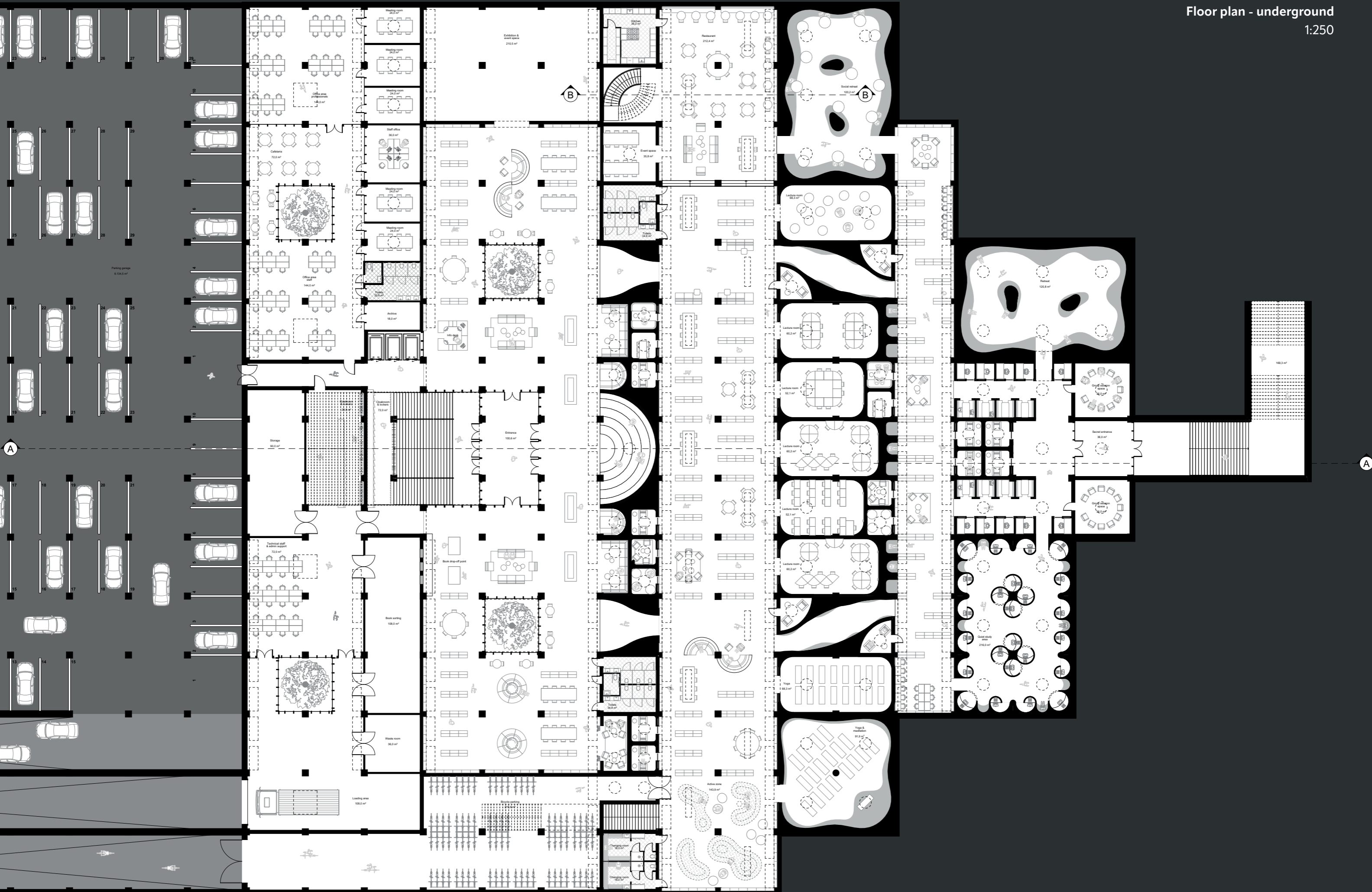
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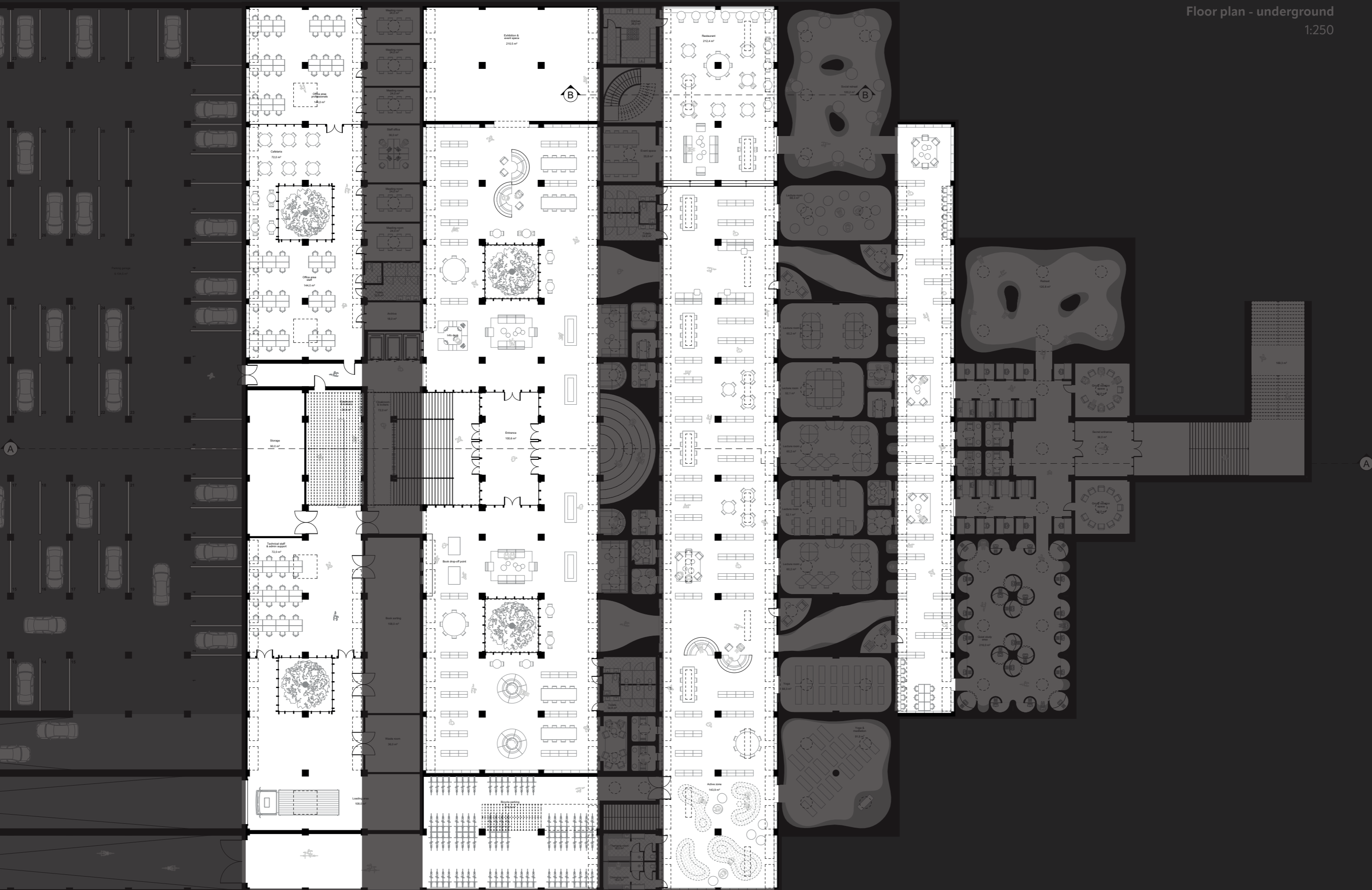
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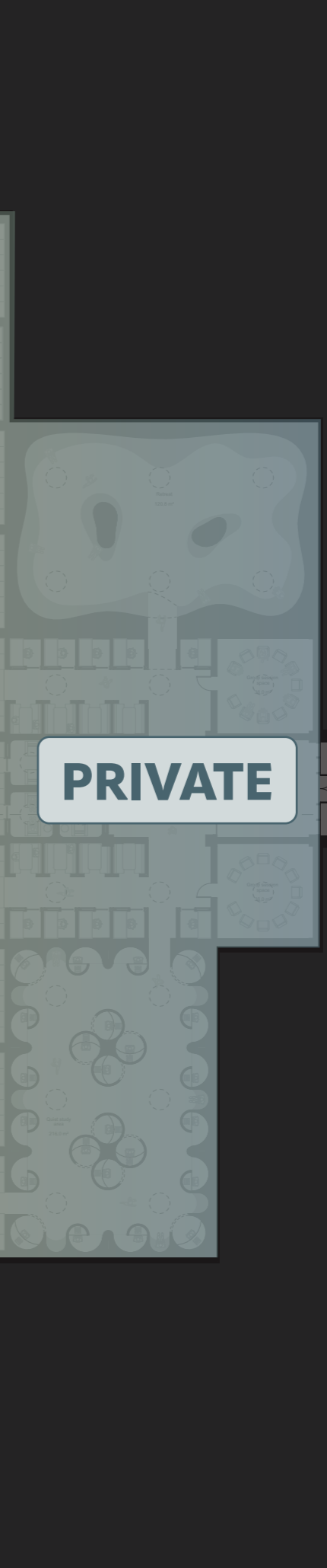
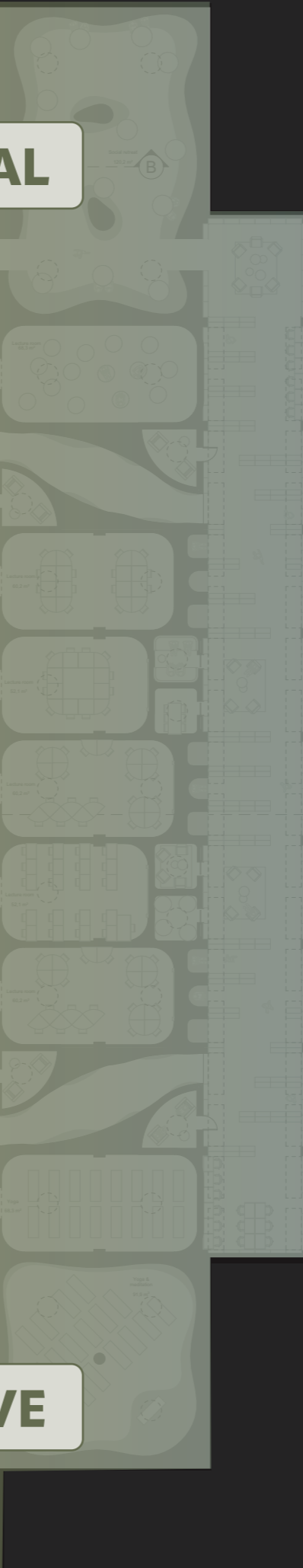
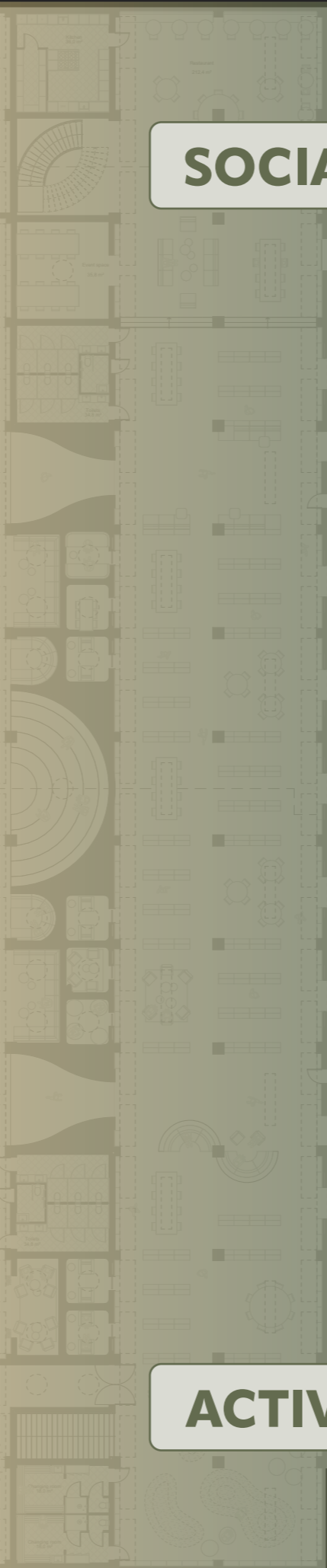
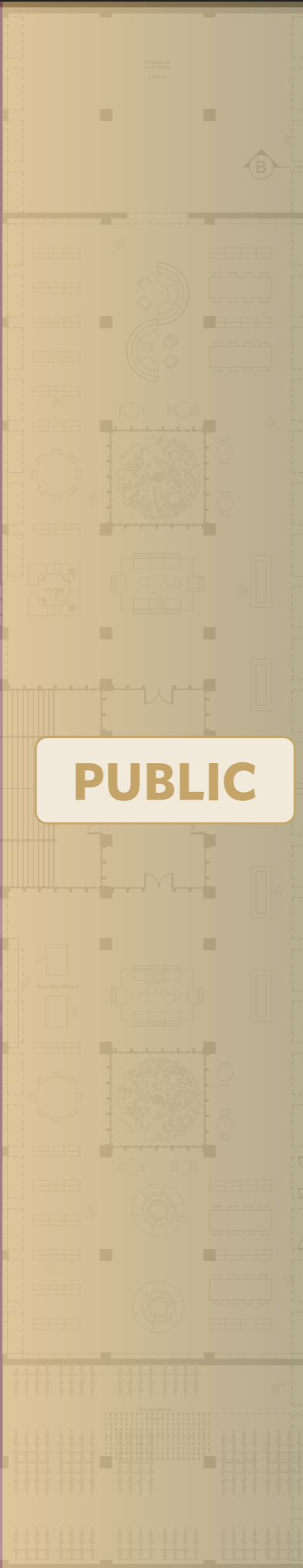
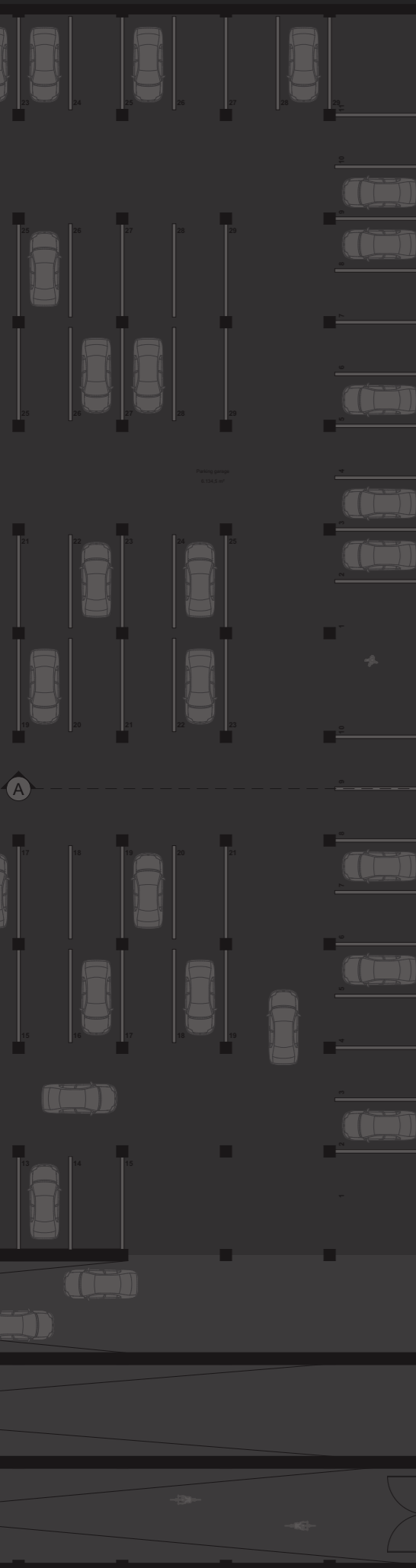
**PRIVATE**











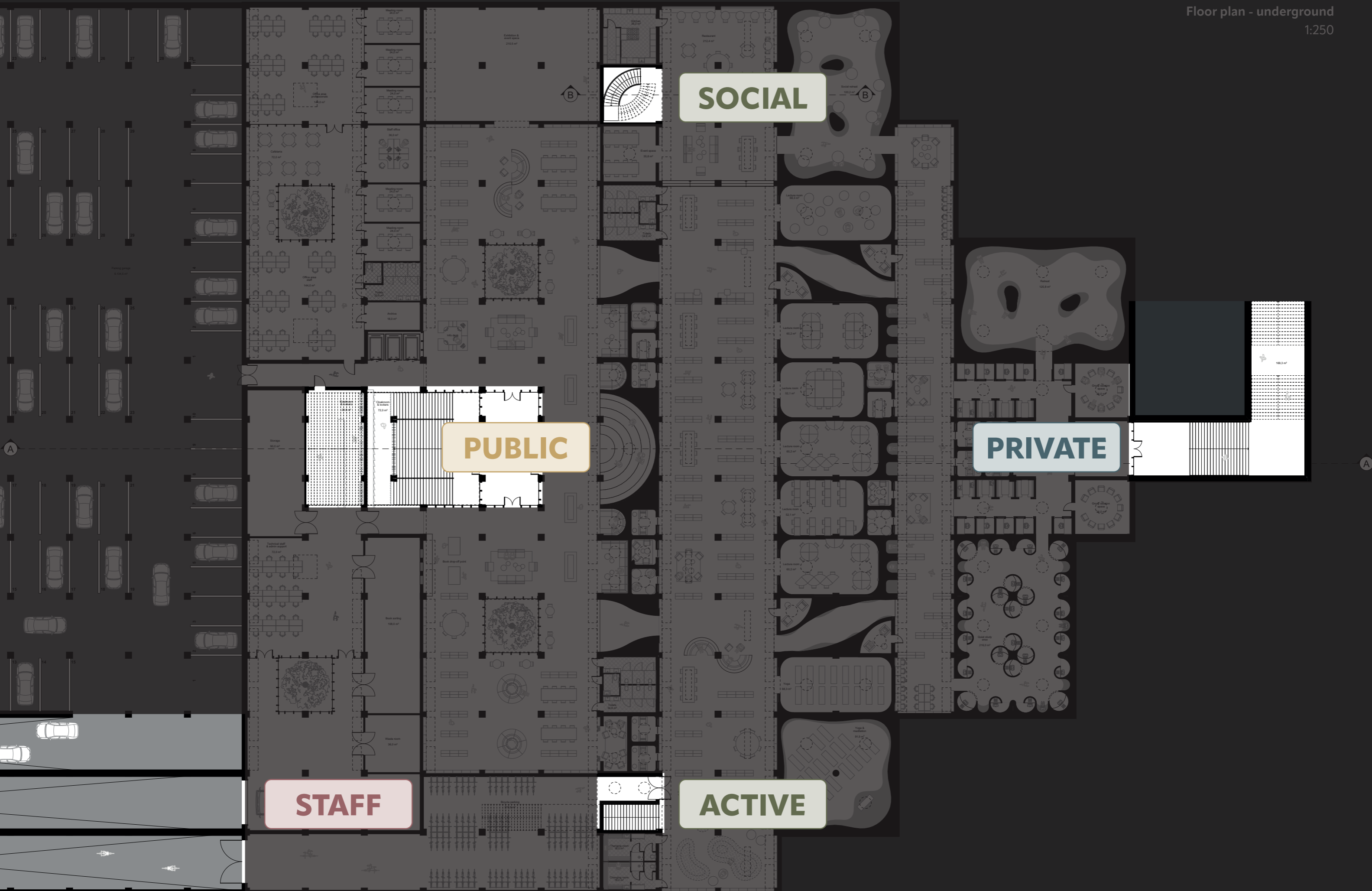
**SOCIAL**

**PUBLIC**

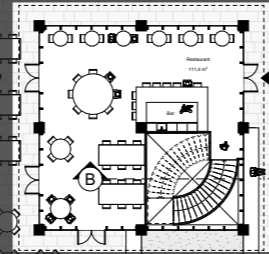
**PRIVATE**

**STAFF**

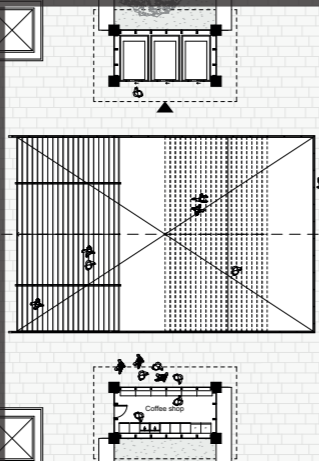
**ACTIVE**



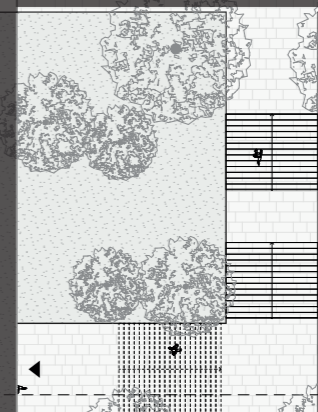
**SOCIAL**



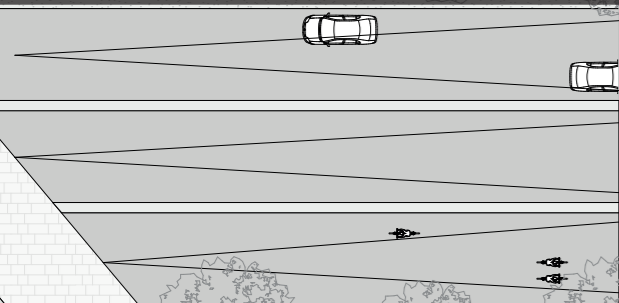
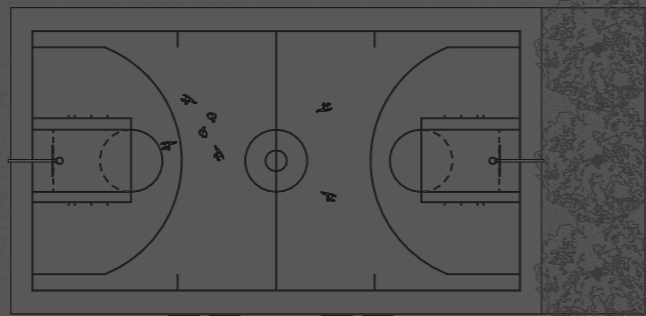
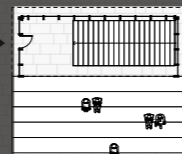
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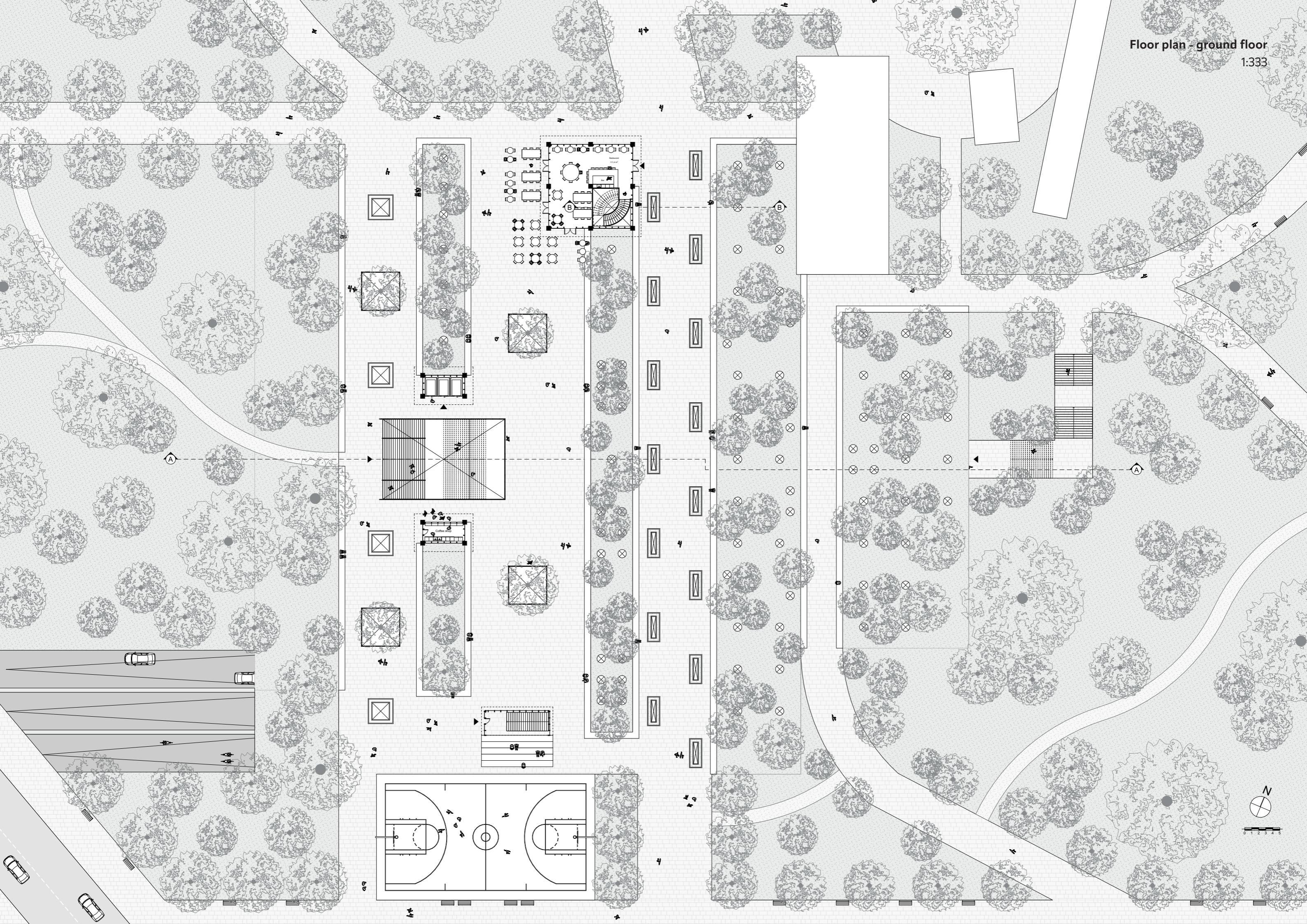


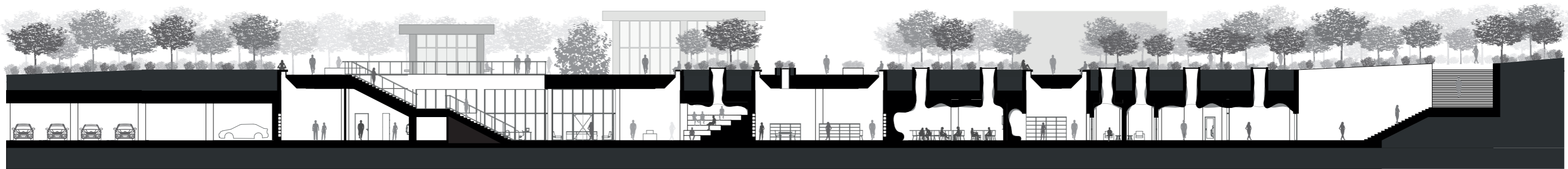
**PRIVATE**



**ACTIVE**







EAST

WEST

**PUBLIC** ← → **PRIVATE**





Study



Workshop



Talk



### THE STRESSED UNIVERSITY STUDENT

Description:

- Exam stress
- Feeling lonely
- Interested in self-development

Needs:

- A friend to talk to
- Learn coping skills
- Focused study space



### THE STRUGGLING HIGH-SCHOOL STUDENT

Description:

- Overwhelmed
- Feeling down
- No one to talk to

Needs:

- Low-threshold guidance
- Safe private support
- Quiet, low-stimulus space



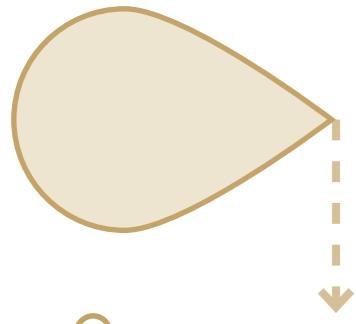
Consult



Reflect



Read



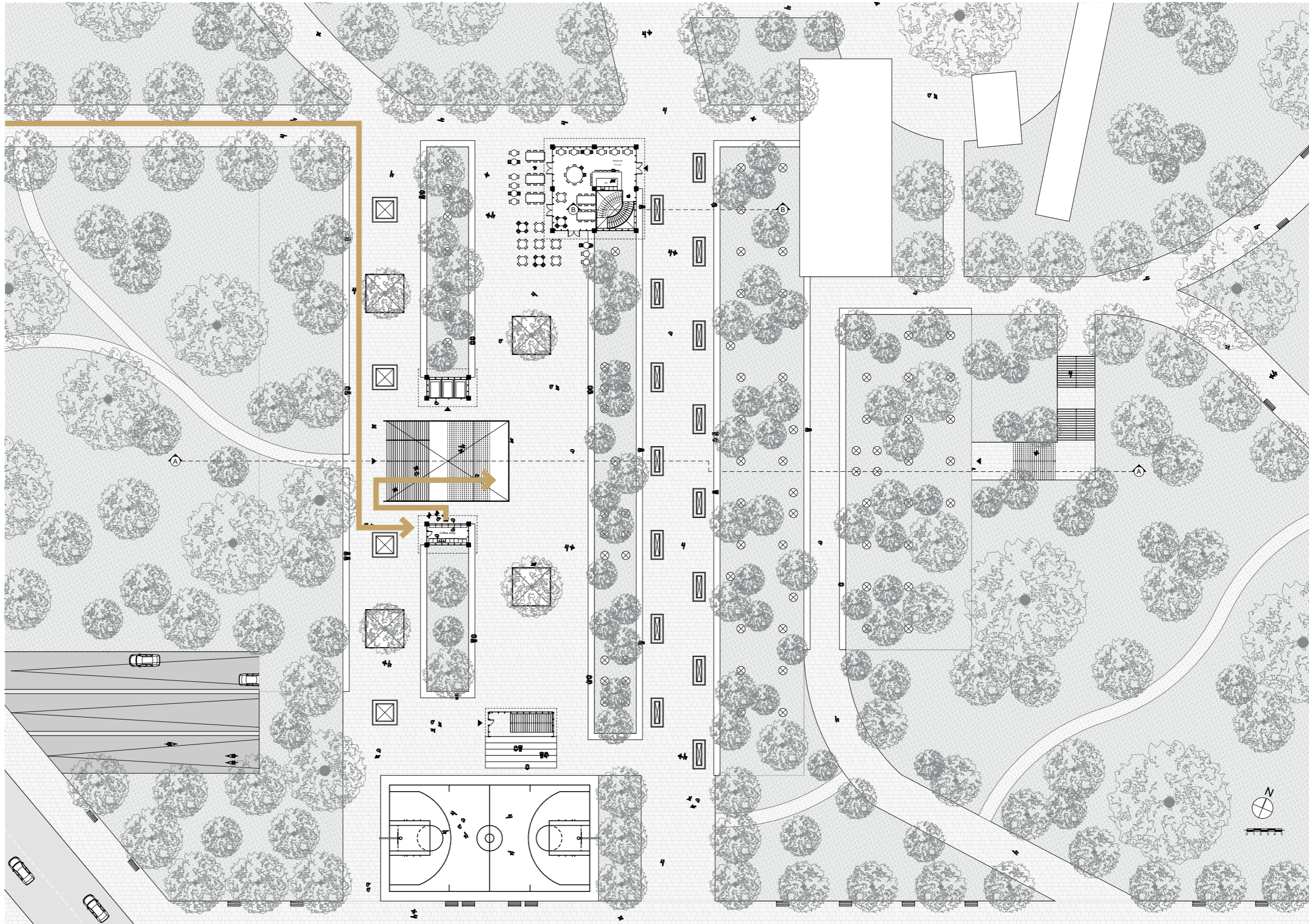
Study

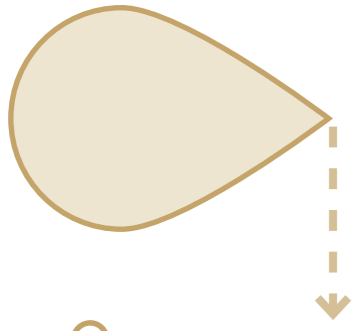


Workshop



Talk





Study

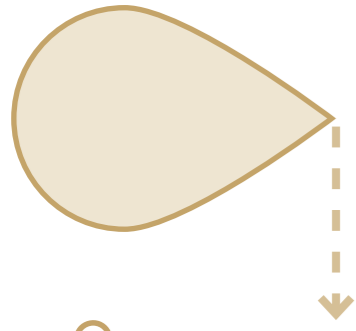


Workshop



Talk





Study



Workshop



Talk





Study



Workshop

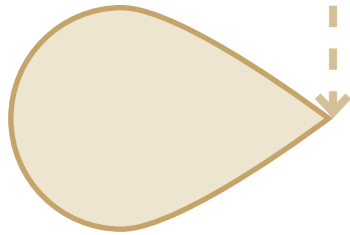


Talk





Study



Workshop



Talk





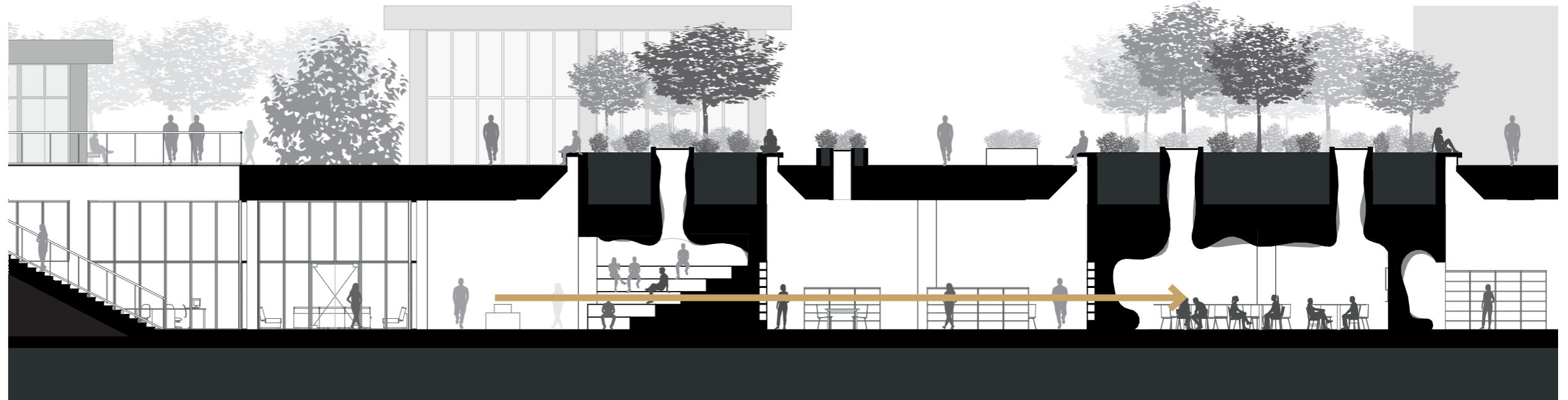
Study



Workshop



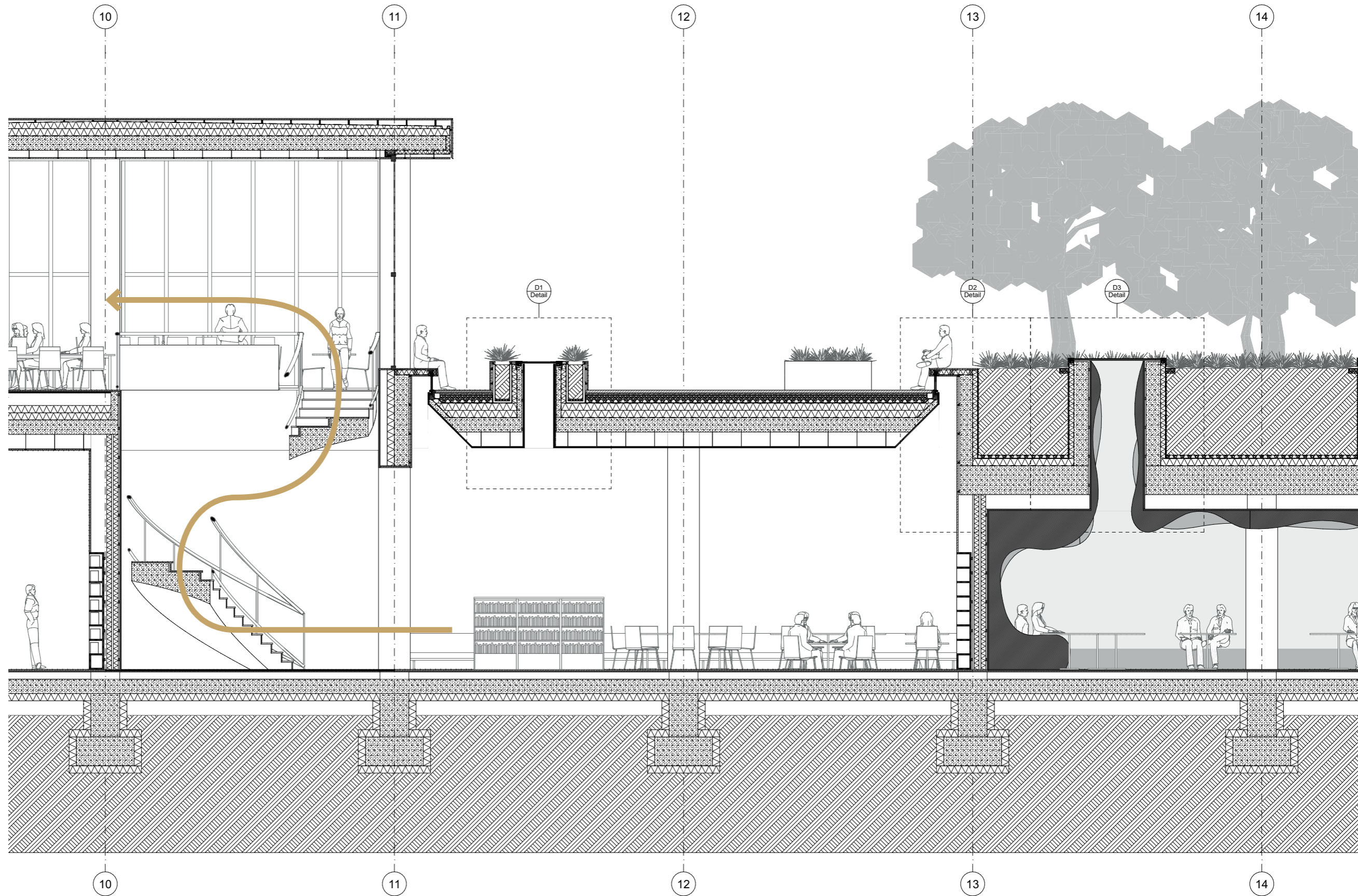
Talk



Study

Workshop

Talk

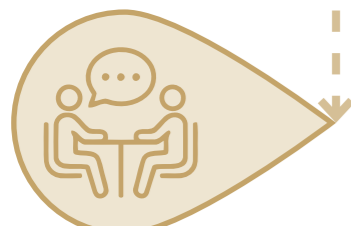




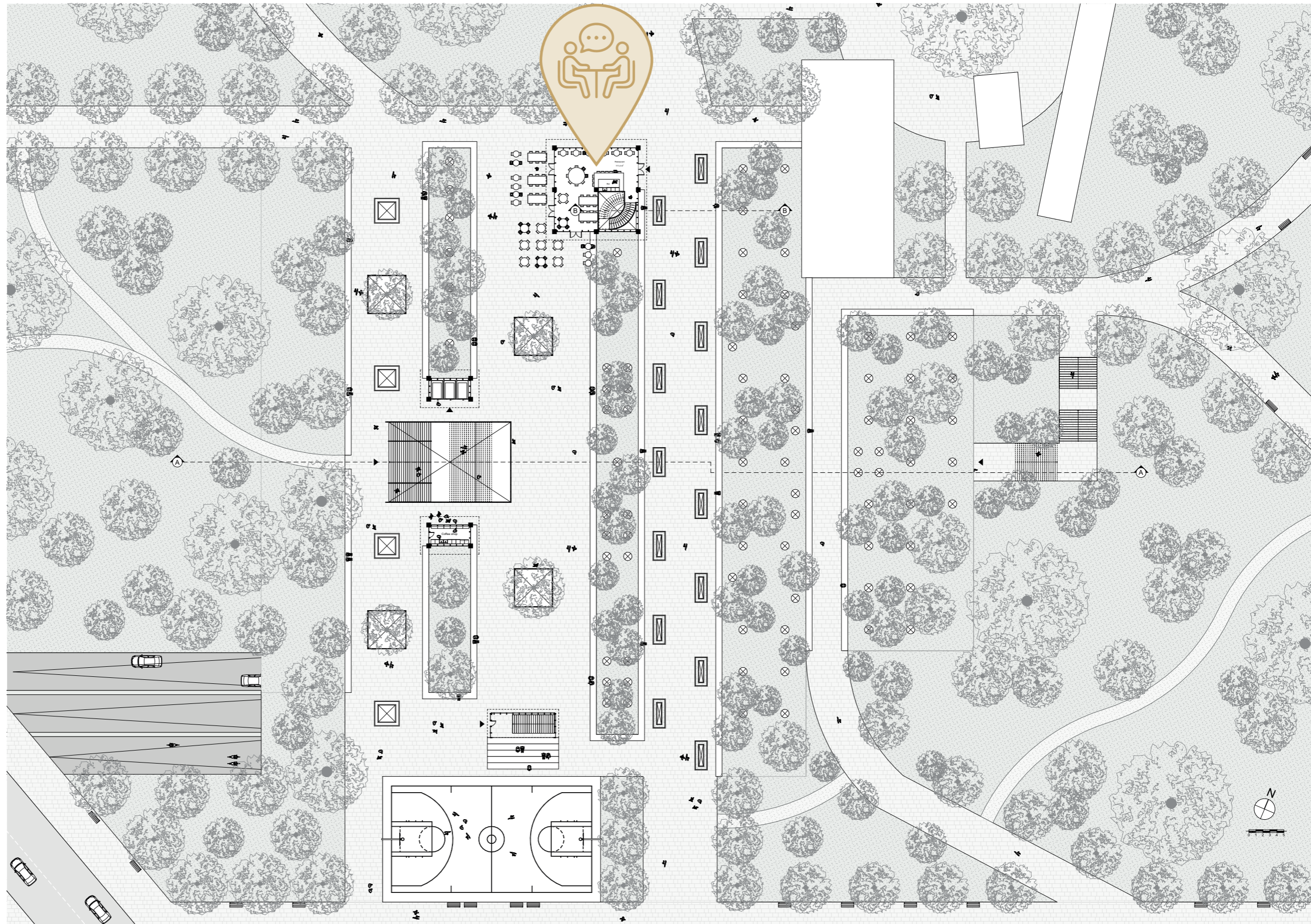
Study



Workshop



Talk

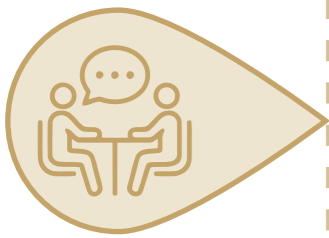




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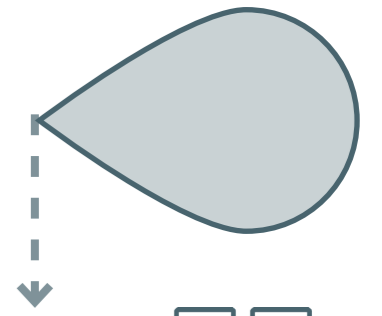
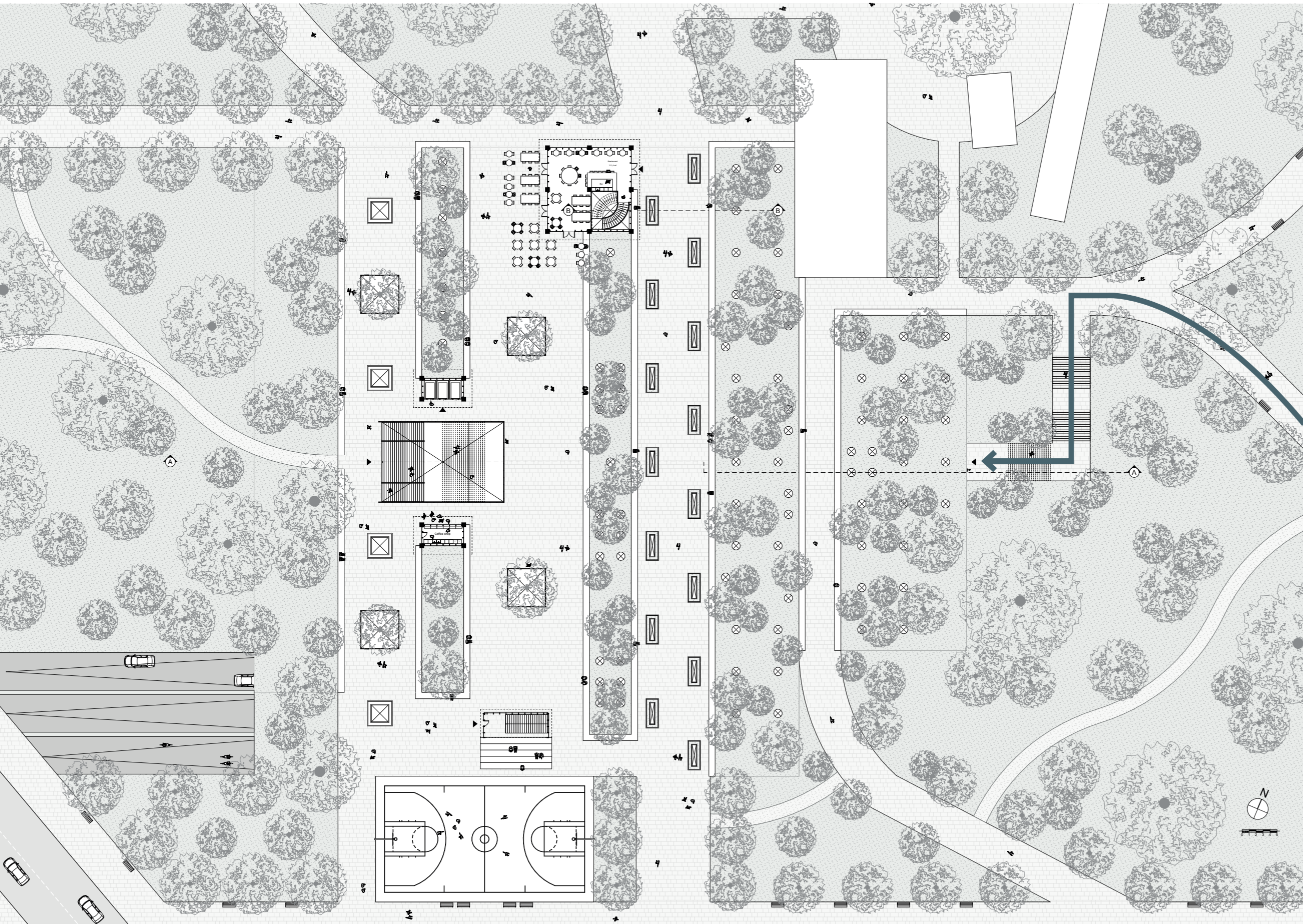


Workshop



Talk





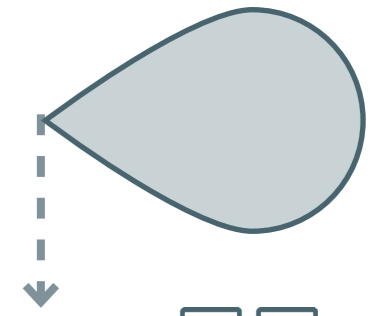
Consult



Reflect



Read



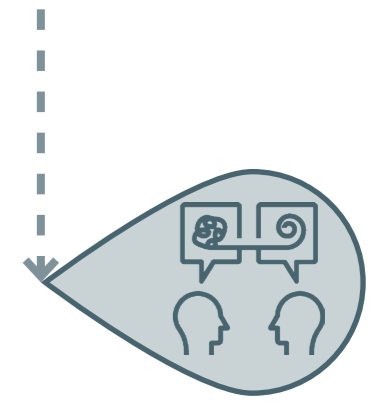
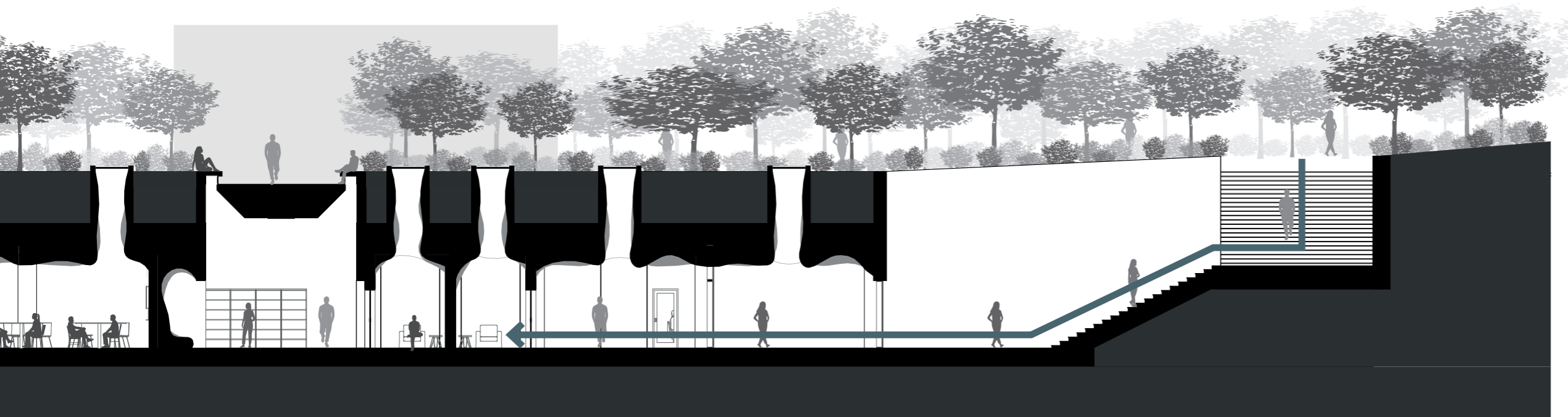
Consult



Reflect



Read



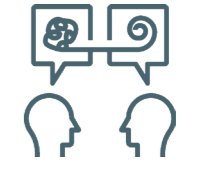
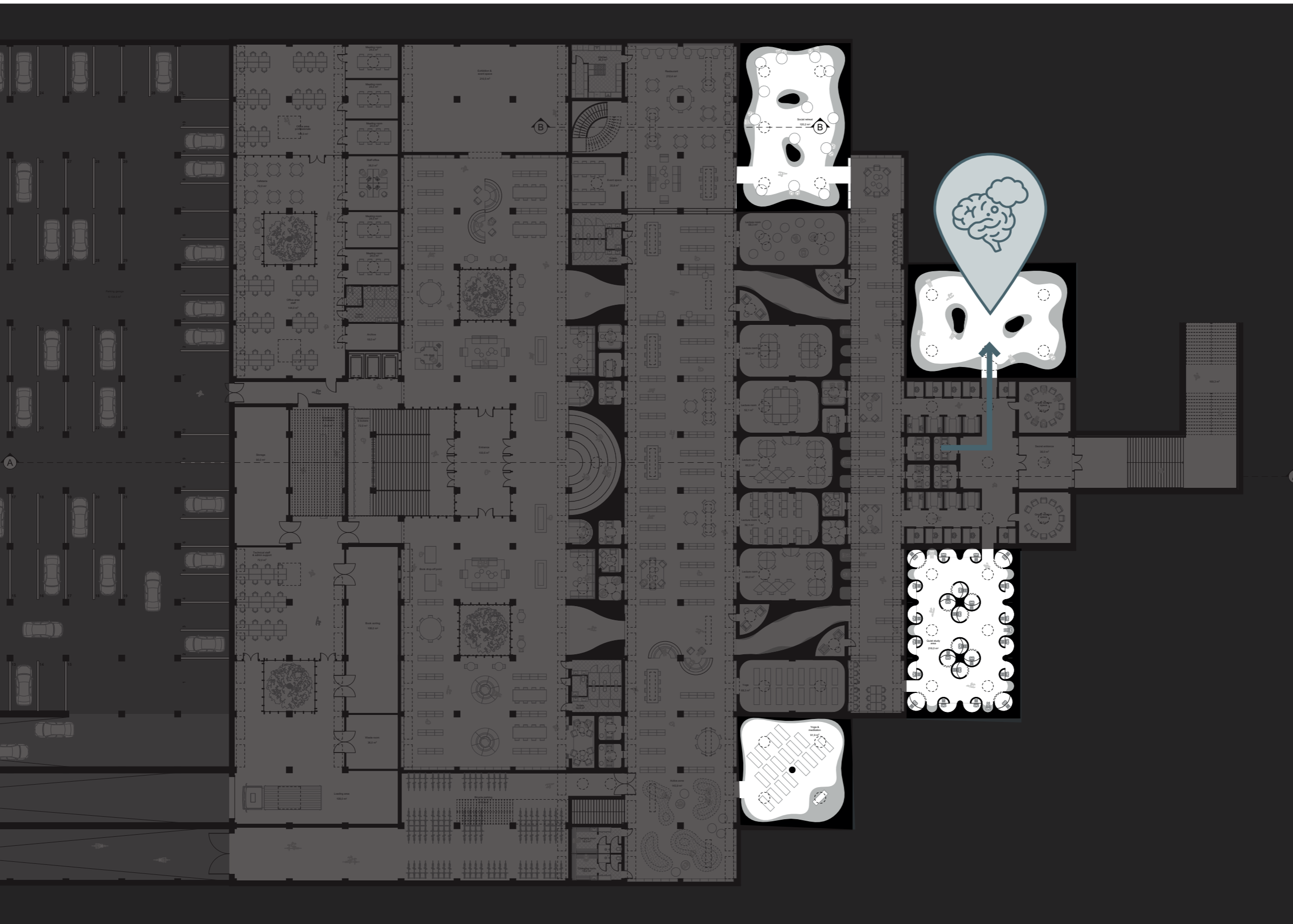
Consult



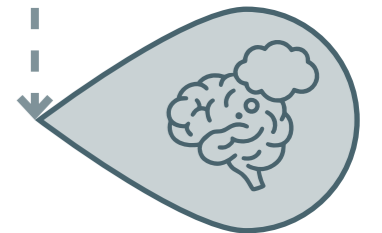
Reflect



Read



Consult



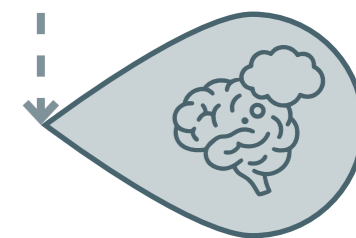
Reflect



Read



Consult



Reflect



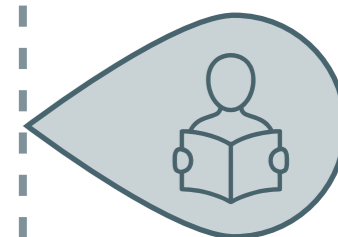
Read



Consult



Reflect



Read



# Re:MIND

*knowledge  
support  
reflection*



# Re:MIND

*Thank you*

