

ABSTRACT

Jakarta, which is the capital city, certainly has many advantages and rapid development in various fields and is an opportunity to find work or become a target in business and others. To live in a metropolitan city, one of the things that must be faced is the high life pressure and fast pace of life, which can be a source of stress and can have a negative impact on mental health. Vertical housing itself as a place of rest, but not only that, the apartment is a long-term investment in the mental health of its residents, because it includes the activities and lives of its residents. therefore the apartment is designed as a residential plan that accommodates the needs of metropolitan communities and creates supporting facilities Apartments that are good for mental health, reduce occupant stress and prevent poor health due to the influence of the big city environment.