



Permaculture applied in the recovery  
process of people with mental illness



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## CASE STUDY DESCRIPTION

ORGANIZATION:	FUNDACION INTRAS
COUNTRY:	Spain
CASE STUDY NAME/ ID/TITLE	In process

BACKGROUND INFORMATION (i.e. previous learning and challenges, situation...etc)

JG came to Intras with a severe depression. He is a very autonomous person and had different jobs before and during Permindo

REASONS FOR ATTENDING THE TRAINING

He needed therapy.

OUTCOMES FROM THE TRAINING (OR CHANGES) IN THE PARTICIPANT'S LIFE (personal, familiar, etc.)

He is still in process, but he has a lot of potential. He is now working in Permindo orchard. He is very autonomous, makes decisions, finds solutions, and has a lot of initiative. The permacultural garden help them to disconnect and as a relieve because he is the smartest of the group and sometime he takes the role of the leader, organizing tasks and guiding his peers ...so he needs to stop thinking in his problems and focusing on the orchard's work.  
But when he is not in the orchard he feels bad again. Permindo is helping him, but he is still in process.

PARTICIPANT'S NEW PLANS FOR FUTURE TRIGGERED BY THE TRAINING

What he likes the most is to prepare the baskets, distributing them and selling them in the market, he wants to continue doing this and to get recovered step by step.