
MENTAL HEALTH

Mental health problems are common around the world. Researchers estimate that one in four adults suffer from a mental health problem of some kind. Rancho Mastatal wants to help break down the stigma attached to mental health problems while supporting those that suffer from them.

We did not ask you about your mental health during the application process as we don't want people that suffer from mental health condition to fear discrimination. Now that we know that you'll be spending the next year with us, we feel that it's important that we know about any mental health conditions that you suffer from, whether you take medication for them, and if so how long you've been taking this medication.

Over the years we've hosted and housed apprentices and interns with mental health problems, most of whom have been amazing community members. The occasions when we have had problems have mostly occurred when someone decides to go off their medication while here, without consulting their doctor, family, or loved ones.

Mental health issues are complicated, and the causes, effects, antagonists, and reliefs are different for everyone. Some mental health sufferers believe that the healthy living that we practice at the Ranch will cure them of their mental illness. A good diet, daily exercise, and clean air, are all part of feeling good, but this is not the place to experiment with treatment for a mental health condition. The stresses of your life before arriving to Mastatal might be gone, but new ones will take their place. Community living challenges, extreme climate, and changes in your diet and schedule will already be a lot to handle.

If you are currently on medication for a mental illness, we ask that you stay on that medication during your time here at the Ranch. We also want to know how we can support you while you're here, and ask you to communicate that to us clearly. We are not mental health professionals, and the Ranch is far from mental health care. We do not have the capacity to deal with serious mental health crises. However, we do believe that we provide a supportive environment for those seeking to grow and transform their lives and the lives of others.

We have intentionally designed into our schedule the time and space to share what's going on, and to connect as a community and as individuals. Weekly community check-ins and monthly core team one-on-ones are examples of this. You are also encouraged to take a personal health day if you ever just need a break, mentally or physically.

We live together in close quarters at the Ranch and rely on each other for support. An important aspect of community living is taking care of yourself first, so that you are healthy and energized to contribute back to the community. We hope to collaboratively create a beautiful experience for you all!

