

MENTALVA Private Clinic Resort & Spa

A retreat for your body, soul and spirit amidst the Swiss Alps



Profile

The MENTALVA is a private psychiatric clinic with a focus on psychotherapy and complementary medicine. It distinguishes itself through its high comfort and service level, always centred on you and your needs and concerns. You may choose between a studio and a suite for your stay.

Breathe in the fresh mountain air in the clinic's own sensory garden, rest and relax in the spa, and enjoy the exquisite cuisine every day. Your treatment is based upon the very latest findings in classical psychiatric treatment methods on the one hand, and complementary medicine on the other.

The MENTALVA treatment range includes psychiatric assessments, regular consultations with our doctors and nursing staff, treatment with medication, specific group offers as well as relaxation methods, activities and sports as well as expressive therapies in the form of movement, art and music therapy.

We are pleased to offer treatment for men and women aged 18 or older with the following indications:

- Depression and bipolar syndrome
- Stress and exhaustion
- Burnout and life crisis
- Anxiety or panic disorder
- Chronic pain
- Severe tinnitus
- Posttraumatic stress disorder
- Schizophrenia
- Personality disorders

Areas of specialisation

The treatment programme is developed and adjusted to meet your individual therapeutic needs. Therapies are goal-oriented, with the objective of strengthening your resources and activating your ability to heal yourself.

Basic therapies

- Psychotherapy
- Medication therapy
- Psychoeducation
- Group psychotherapy
- Milieu and social therapy
- Herbal medicine

Supplementary therapies

- Activity and sports
- Expressive therapy
- Relaxation

Complementary therapies

- Body-oriented therapy
- Traditional Chinese Medicine (TCM)
- Energy therapy
- Animal-assisted therapy

Region

The MENTALVA Private Clinic Resort & Spa is situated at the foot of the Piz Beverin mountain in the canton of Grisons. The region is known for its peace and quiet and beautiful natural setting amidst the Swiss Alps.

Near the clinic you will find the Viamala and Roffla canyons cut deeply into the rocks, and bearing witness to the commanding water power of the River Rhine, which originates in the vicinity. The location is the ideal point of departure for a train ride along the impressive Albula passage, a UNESCO World Heritage Site thanks to its viaducts and sophisticated construction techniques.

Well-known health resorts such as Davos, Lenzerheide, Arosa, Flims and St. Moritz are easily reachable for relaxing excursions in the fresh Alpine air or for sports activities such as skiing or golf.

Contact

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