

## WHAT HELPS WHEN YOUR MENTAL HEALTH SUFFERS BECAUSE OF THE COVID-19 PANDEMIC?

The global Covid-19 pandemic can cause great suffering in many ways. In addition, long-term psychological consequences can occur after a Covid infection.

**The pandemic is a complex and stressful situation and can be associated with the following diseases:**

- » Anxiety disorders
- » Depression
- » Adjustment disorders
- » Impairment of concentration
- » Sleep disorders
- » Trauma and stress related disorders
- » Chronic fatigue  
(also known as **Post-Covid-Fatigue**)



## PSYCHIATRIC REHABILITATION IN PRIVATE CLINIC ST. RADEGUND NEAR GRAZ

*"We accompany you in life"*

### **Our package of measures to strengthen your mental health:**

- » Reduction of negative feelings such as depression, anxiety and panic
- » Targeted stress relief
- » Reduction of pain and inflammation processes in the body
- » Restoration of inner balance and the feeling of peace
- » Improvement of physical performance, strength, stamina and fitness
- » Sleep improvement
- » Focus on the future prospects and increase of self-esteem
- » Focus on full recovery from Covid disease



We are here  
for you...  
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## OUR TREATMENT CONCEPT FOR YOU

The 6-week inpatient rehabilitation offers you a holistic program for **body, mind and soul** with a focus on medicine, psychotherapy and physiotherapy. Even after your recovery from Covid disease, you can still suffer from psychological and physical symptoms. Rehabilitation is an essential step back towards a healthy life.

*Which treatments do you need?*

### MOVEMENT THERAPY

Elevates mood, relieves stress and reduces pain.

### RELAXATION

Relaxation methods release physical tension and fears.

### MEDICINE

Specialist and general medical care as well as health-promoting training.

### PSYCHOTHERAPY

Finding your way back to life through psychological resilience.

### NUTRITION

Can positively influence the course of inflammatory diseases.

### CREATIVE THERAPY

Joint creative activities release blockages and positively influence emotions.



### PRIVATE OFFERS for self-paying patients

- » Variable length of stay
- » An immediate admission without waiting time
- » Individually tailored therapies

### Requirements for rehabilitation are:

- » Virus-free
- » Approved rehab application from the insurance company
- » Rehabilitation ability
- » Treatment motivation

### THE WAY TO US

Submit your application for **psychiatric rehabilitation** together with your family doctor or specialist; the costs for your stay will be covered by your insurance company.

