



Mental Health

Prevention, early diagnosis and guidance

The concept in a nutshell

In addition to physical health, mental health is also a key aspect of well-being. A person with good mental health should have a stable sense of self-confidence, a well-established identity in terms of their various roles in society and the ability to meet the challenges they face in their everyday private and professional lives.

Mental well-being is influenced by the individual's societal, social and economic environment and personal qualities. Critical life events and situations that put a chronic strain on the individual can upset this balance.

It is extremely important to improve and strengthen one's mental health. Early diagnosis of mental illness is also crucial, as treatment is more likely to be successful if started early.

What does that mean for you?

Strengthening one's mental health and thus becoming calmer, happier and more productive is a goal that is definitely worth pursuing.

A healthy lifestyle and coping with stress better

A healthy lifestyle is a long-term investment in your health. The positive effects are tangible both physically and mentally and result in particular in a greater overall sense of well-being and improved resilience and productivity. Structure individual areas of your daily life in a healthier manner and actively practise our relaxation and mindfulness exercises in order to reduce your stress levels.

Mental fitness

Improving your mental fitness has a positive impact on your mental health. To be able to perform to a good level over the long term, your brain needs regular training. Our mental fitness exercises are easy to integrate into your day-to-day life.

Do I need psychological help?

The Klenico Mental Health Check is based on a scientifically well-founded digital questionnaire that is sent to a Klenico psychologist for evaluation. The psychologist will then discuss the results of the questionnaire with you and give you specific recommendations on what to do next.

Psychiatrist? Psychotherapist? Psychologist? Psychiatric care at home?

We explain the differences between the various professions and help you to find the right specialist for you.

Here is how you can find out more



You can find further information and guides on our website,
www.concordia.ch/psyche.



Any questions? Please e-mail us at
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My notes
