

FRAUENKLINIK
AM MEISSENBERG ZUG



Psychiatrische und Psychotherapeutische Spezialklinik für Frauen



*Psychiatric and psychotherapeutic
hospital for women*

Exclusively for women

The perfect location for your health

About us

For almost 100 years, Klinik Meissenberg AG has been the only nationally recognised specialist psychiatric and psychotherapeutic clinic for women in Switzerland. It is also the only clinic of its kind in Europe. With 74 inpatient treatment places, we treat patients with basic or supplementary insurance from Switzerland and abroad and fulfil as a list hospital the service mandates of the Zug, Schwyz and Uri concordat (including the acceptance of adolescent women on a case-by-case basis) and the cantons of Zurich and Glarus.

PEACE AND VIEW

Located in a quiet and idyllic setting on the southern outskirts of Zug at the foot of the Zugerberg, the clinic offers a comfortable, bijou atmosphere and a beautiful park with a fantastic view of Lake Zug and the Alps.



Dr. med. Kamila Dudová-Nakazi

Medical Director / Chief Physician / Board Member

Beatrice Bill-Wyss

Supervisory Board Delegate / CEO

Rolf Tanner

CFO (from left)



Our Services

The clinic has five specialised departments with the following treatment focuses:



Depression and Burnout



Somatic Stress and Eating Disorders



Anxiety and Emotion Regulation



Crisis Management



Meissenberg Privé
Villa Paracelsus



Detailed information on the treatments we offer can also be found on our website:
www.meissenberg.ch/en

We take an integrative and holistic approach. Our tailor-made treatment concept takes into account both the mental and physical needs of our patients. A wide range of additional services, including art and expressive therapy, occupational therapy, nutritional counselling, social counselling and various sports activities, including a fitness centre, round off the range of services on offer. The aim is to promote mindfulness and self-care, restore health and enable a meaningful perspective.

Our women-specific therapeutic approach can include the diagnosis and treatment of mental illnesses related to hormone metabolism. If necessary, it includes somatic accompanying therapy and woman sensitive psychopharmacotherapy. We provide strategies that promote and sustainably support the recovery process.

For women with emotional regulation disorders (especially borderline syndrome, personality disorders, ADHD), we offer sustainable therapy with intensive, behavioural and integrative approaches based on Marsha Linehan's Dialectical Behaviour Therapy (DBT).

The optional closed crisis management department provides immediate assistance in acute crises and in cases of illness requiring protected and close supervision. Our holistic treatment concept includes biological therapies such as women-sensitive pharmacotherapy, light therapy, biofeedback and brain stimulation techniques.

We offer help for anxiety disorders, depression, manic-depressive illnesses, psychoses, obsessive-compulsive disorders, psychosomatic complaints, pain syndromes, post-traumatic stress disorders, personality disorders, dissociative disorders, ADHD and eating disorders.





PRIVATE CARE VILLA PARACELSUS

For patients with supplementary insurance and various mental illnesses, we offer individualised and interdisciplinary treatment tailored to their needs. The holistic and individualised therapy programme is complemented by complementary medicine such as phytotherapy, aromatherapy, massage and NADA ear acupuncture.

The villa has its own garden and a large terrace with a fantastic view of the Lake Zug. Here you can enjoy an exclusive, upscale ambience with single and double rooms as well as an extended range of hotel and wellness services.

OUTPATIENT DEPARTMENT – AMBULATORIUM

In our outpatient department, we conduct preliminary consultations for planned inpatient therapy, during which our patients can obtain detailed information about our therapy programmes.

There is also the option of further outpatient specialist treatment after the inpatient stay. We work closely with referring physicians, general practitioners, specialists and psychological psychotherapists.



Competencies

The patient and her individual needs are our focus. We offer integrative, evidence-based treatment concepts. Through close cooperation within our interdisciplinary treatment team, we ensure a safe and respectful treatment environment in which our patients benefit from a multimodal therapy programme tailored to their individual needs.

The main pillars of treatment are intensive, high-frequency, modern psychotherapy based on cognitive behavioural therapy and various biological therapy methods. A variety of creative and body-oriented therapeutic approaches enable different ways of accessing individual experiences and strengthening resources and skills, paving the way for new steps towards healing change.

This also includes support from our in-house social counselling service and individual planning for the period after your stay at the clinic.

Contact & Arrival

WE ARE HAPPY TO HELP!

On our website, you will find links to our forms for referral or self-registration:

www.meissenberg.ch/anmeldung

You can attach additional documents directly to the referral form or send them to our HIN-protected email address:
sekretariat@meissenberg.ch

For enquiries and information:

+41 41 726 57 57

info@meissenberg.ch

WE ARE HERE FOR YOU – EVEN IN AN EMERGENCY!

For urgent matters, please contact our triage team:

+41 41 726 58 17 (available 24/7)

ARRIVING

We have visitor parking spaces available. However, please note that if you arrive by car, there is no parking available at the clinic. You will need to use the surrounding paid car parks. We therefore ask you to use public transport if possible.

PUBLIC TRANSPORT CONNECTIONS

- **Bus no. 614 towards Gimmenen:**
'Meisenberg' bus stop in front of the hospital
- **Bus no. 603 and no. 605 towards Oberwil and Walchwil (respectively):**
'Salesianum' bus stop – the hospital is a 10–15-minute walk away (approximately)
- **Bus no. 611 towards Schönenegg:**
'Bellevueweg' bus stop – the hospital is an 11-minute walk away (approximately)
- **S2 towards Oberwil / Walchwil:**
Fridbach train station – the hospital is a 10-minute walk away (approximately)



Address

Klinik Meissenberg AG
Meisenbergstrasse 17
CH-6300 Zug

The detailed travel plan can be found at www.sbb.ch/en.



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