

ABOUT MENTAL REHABILITATION CENTRE

World-class mental health medical facility in the Czech Republic that prioritizes high-quality care, human approach, and friendliness. The entire building is equipped with a complex lighting system that meets the standards of chronobiological biodynamic lighting. The centre offers multidisciplinary services that employ the latest methods and technologies to treat mental illness.

ESTABLISHED IN 2023

25 000
SQUARE METERS

400
EMPLOYEES

200
HOSPITAL BEDS

8
PRIVATE SUITES
WITH TERRACE

2
ACUTE CARE STATIONS

3
DAY CARE CENTRES



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PRICE LIST



ALTOAMT.COM



MENTAL HEALTH AND WELL-BEING CENTRE IN THE CZECH REPUBLIC

EXPLORE MENTAL REHABILITATION CENTRE

IN COOPERATION WITH ELYSION

COMPREHENSIVE MENTAL HEALTH TREATMENT

Our highly qualified professionals are ready to provide you with individual care in solving various psychological challenges. With an emphasis on your specific needs, they will support you on the way to achieving progress and maintaining mental health.

ADHD

Attention Deficit Hyperactivity Disorder is a disorder that affects concentration, activity adjustment, and impulse control.

BIPOLAR DISORDERS

Mental illness characterized by periods of depression and mania, affecting the overall functioning of an individual.

DEPRESSIVE STATES

Characterized by prolonged sadness, hopelessness or apathy, and a loss of interest in activities that previously brought joy.

PHOBIAS AND ANXIETY DISORDERS

Intense and irrational fears about specific objects or situations that significantly impact a person's daily life and cause anxiety.

ANGER MANAGEMENT

Therapy that helps people with emotional instability, impulsive behaviour, and aggressive tendencies to control their emotions.

GRIEF & LOSS THERAPY

The loss of a loved one can cause feelings of sadness, loneliness, and uncertainty about one's own life.

OCD

Obsessive-Compulsive Disorder is a mental health condition characterized by unwanted and repetitive thoughts and actions.

PANIC ATTACKS

Panic attacks, unlike phobias, are not tied to specific situations and can occur anywhere and anytime.

EATING DISORDERS

Eating disorders involve difficulty regulating food intake and often stem from a distorted body image, including anorexia and bulimia.

SLEEP DISORDERS

Include difficulties falling asleep, increased insomnia, problems with early awakening, and even abnormal behaviour during sleep.

PTSD

Post-Traumatic Stress Disorder represents a delayed or prolonged reaction to a significant traumatic event or threat.



MORE TREATMENTS

HOW WE TREAT

LIGHT FOR PSYCHIATRIC CARE

A unique complex lighting system of all rooms of the entire building, repetitive transcranial magnetic stimulation, transcranial direct current stimulation, chronobiological phototherapy, and applied forms of virtual reality.

MIND AND BODY CARE

Combination of individual and group psychotherapy such as art therapy, drama therapy, music therapy, aerobic physical activities with pharmacotherapy.

TEAM WORK AND MULTIDISCIPLINARY

Community and multidisciplinary care means a more pleasant and efficient transition between the different parts of the treatment process.



INTERIOR



APARTMENT WITH A PRIVATE TERRACE



SWIMMING POOL & SAUNA



FITNESS AREA



CONFERENCE HALL



THERAPEUTIC ROOMS

COMPREHENSIVE SERVICE

Altoa ensures its clients with a comprehensive service from the moment of receiving request until the successful discharge from the hospital.



TRANSFER



HOUSING



INTERPRETER



LEISURE



CONCIERGE



FULL PRIVACY



MULTIDISCIPLINARY TEAM OF PROFESSIONALS

All of our doctors who take care of the patients have many years of experience in their respective fields and are fully credentialed.