

Community Mental Health Center	
Program	Contact Information
Valley HealthCare System	www.valleyhealthcare.org Monongalia-304-296-1731 Marion-304-366-7174 Taylor-304-265-3947 Preston-304-329-1059
<p>Valley HealthCare System's crisis services operate 24 hours per day for those individuals that are having difficulty coping with life's problems on a daily basis.</p> <p>At Valley HealthCare System, we understand the process of crisis services. Valley offers a wide range of services for adolescents, adults and families who are experiencing problems and are unable to cope without assistance.</p> <p>A child's mental health equates to how they think, feel and act in order to face life's situations. It is how they look at themselves, their life and the people that surround them. It effects how they make choices. A child's mental health involves things like handling stress, relating to their friends, teachers, family and how they make decisions.</p> <p>Mental health problems in children are real. They range from good to not-so-good, even poor. A child's mental health fluctuates and they may require help in order to handle their problems. Some of their problems can be identified as:</p> <ul style="list-style-type: none"> ▪ Depression ▪ Bipolar Disorder ▪ Attention Deficit Hyperactivity Disorder ▪ Anxiety Disorder ▪ Conduct Disorder ▪ Adjustment Disorder <p>These disorders should not be viewed as a passing phase. They can interfere with school performance, cause the loss of friends or stir up family problems. Mental health problems can be painful. For such problems Valley HealthCare System provides:</p> <ul style="list-style-type: none"> ▪ Individual Counseling ▪ Family Therapy ▪ Group Therapy ▪ Crisis Therapy ▪ Behavior Therapy ▪ Medication Management and Monitoring ▪ Case Management ▪ Parenting Classes ▪ Play Therapy ▪ Psychological Testing <p>At Valley HealthCare System, it is our mission to help children grow and reach their fullest potential.</p>	
Evidenced Based Practices	