



Please contact the behavioral health site closest to you or visit our website for more information. We look forward to the opportunity to serve you.

### *VH Behavioral Health Locations:*

- |                             |              |
|-----------------------------|--------------|
| • East Huntington           | 304.399.3310 |
| • Fort Gay                  | 304.648.5544 |
| • Gallipolis Ferry          | 304.675.5725 |
| • Highlawn                  | 304.781.5138 |
| • Huntington                | 304.525.0572 |
| • Hurricane                 | 304.760.6040 |
| • Milton                    | 304.743.1407 |
| • Point Pleasant Pediatrics | 304.675.4107 |
| • Southside                 | 304.529.0645 |
| • Wayne                     | 304.272.5136 |
| • Westmoreland              | 304.781.5800 |



## Behavioral Health

*Services for All Ages*



Overcoming Mental Health Issues, One Step at a Time.  
[www.valleyhealth.org](http://www.valleyhealth.org)

## Behavioral Health Services

At Valley Health, we are committed to our patients' care... both body and mind.

### What are behavioral health services?

Behavioral health services are designed to assist when habits, behaviors, stress, worry or emotional concerns about physical or other life issues are interfering with a person's daily life and/or overall health. Our treatment team emphasizes evidence-based approaches, including more intensive approaches such as Dialectical Behavioral Therapy (DBT).

### What is the difference between a psychiatrist and a therapist?

A psychiatrist is a medical doctor who may diagnose, treat and prescribe medications for behavioral health needs. A therapist works on behavior changes and counseling for patients through therapy sessions. Valley Health has both types of providers on staff, and they work together for overall improved patient health.

### What can I expect from my visit?

Your first appointment will be an intake assessment, during which the provider will work with you to identify the diagnosis and develop a treatment plan. As part of the treatment plan, the provider will talk with you about the expected frequency of sessions and anticipation duration of treatment.

Please make sure to bring the following to your first session:

- Custody paperwork – child needs to be accompanied by custodial parent or guardian
- Any court related documentation pertaining to treatment
- Previous psychological evaluations/testing reports
- List of medications
- Contact information of previous medical or mental health providers



## How do I make an appointment?

To make an appointment, ask your regular physician for a referral to one of our behavioral health providers, visit the reception desk of your local Valley Health center or call any of the conveniently-located Valley Health centers directly.

*Please see map on the back.*

## Will insurance cover behavioral healthcare services?

Valley Health accepts private insurance, Medicare, Medicaid and also offers payment programs for those without insurance. Valley Health will structure counseling within the guidelines of your health needs and financial parameters. We recommend that you check with your insurance provider to determine whether behavioral health services are covered under your policy.

## Valley Health accepts patients across the lifespan for treatment of the following:

- Anxiety
- Bipolar Disorders
- Cognitive Disorders
- Depression
- Disruptive Behavioral Disorders
- Grief
- Life Transitions
- Lifestyle Changes
- Mood Problems
- Relationship Issues
- Substance Abuse
- Thoughts of Suicide and Self-Injury

## Our behavioral health providers can also assist patients who are coping with medical conditions such as:

- Cancer
- Cardiac Conditions
- Chronic Pain
- Diabetes: Type 1 & 2
- Sleep Disorders
- Smoking Cessation
- Traumatic Brain Injuries
- Weight Management

**WE ARE COMMITTED TO OUR PATIENTS' OVERALL HEALTH... BOTH BODY AND MIND.**