



Our Mission

Is to be a leading community partner providing and promote accessible, quality behavioral and physical health care.



Relief:

"You cannot now realize you will feel better and yet you are sure to be happy again."

- Abraham Lincoln



Recovery:

"There is only one success: to be able to spend your life in your own way."

- Christopher Morley



Rediscovery:

"Dare to be remarkable."

- Jane Gentry

MAIN WEBSITE

<http://www.vmh.com>

“HOW TO GET HELP”

<http://www.vmh.com/HowToGetHelp.aspx>

AVAILABLE VALLEY MENTAL HEALTH SERVICES

<http://www.vmh.com/Services.aspx>

DICTIONARY OF MENTAL HEALTH TERMS

<http://www.vmh.com/Dictionary.aspx>

OTHER HELPFUL RESOURCES REGARDING MENTAL
BEHAVIORAL HEALTH

<http://www.vmh.com/Links.aspx>

FREQUENTLY ASKED QUESTIONS

<http://www.vmh.com/Faq.aspx>