

Mental Health

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel and behave. Mental health can affect daily living, relationships, and physical health.

Factors in people's lives such as relationships and physical conditions can work together to impact good mental health. Sometimes people need to seek assistance to improve their mental health such as going to a therapist, or support group or clinic. Below are some local options:

The Counseling Connection

The Counseling

Connection is a clear choice to help meet your needs. Whether you or someone you know is experiencing problems at home, in school or in the workplace, we can help. 1021 Quarrier Street, Suite 414 Charleston, WV 25301 Phone: 304-340-3676.

Lakeview Health Alcohol Abuse Helpline

Lakeview Health Alcohol Abuse Helpline: 304-525-4933.

Pretera Center for Mental Health Services

Pretera Center has been leading the way in quality behavioral health care and addictions treatment

programs. From outpatient treatment to residential substance abuse treatment to crisis prevention, Pretera will help get you or your family back on the road to wellness. If you are experiencing a mental health crisis, please call 1-800-642-3434, twenty-four hours a day, seven days a week.

Beacon Partial Hospitalization Program

4825 MacCorkle Avenue, SW Suite D, South Charleston, WV, 25309, Kanawha County; Phone: 304-766-4599; 304-766-4560; toll free 800-992-3010.

Highland Hospital

300 56th Street,

Charleston, WV, 25304, Kanawha County; Phone: toll free, 800-250-3806; Local, 304-926-1600; website, <http://www.highlandhosp.com>.

River Park Hospital

1230 6th Avenue, Huntington, WV, 25701; Cabell County local, 304-526-9111; toll free, 800-621-2673; website: <http://www.riverparkhospital.net>.

Kanawha Pastoral Counseling Center

6 Leon Sullivan Way, Charleston, WV, 25301; Kanawha County local, 304-346-9689; toll free, 800-340-9680; website, <http://www.kpcc.com>.



West Virginia Geri Olympics promotes wellness, active living and quality of life through adapted competitive sports. West Virginia Geri Olympics has received global recognition and is being used as a model for similar events in other states and around the world with partners in Czech Republic, Scotland and Canada. The program was featured in an invited symposium at the World Conference on Active Living in Glasgow, Scotland, in August 2012. Additional presentations have been made in Prague, Valencia and Spain.

For more information, please visit <http://www.geriolympics.com/>