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Written on behalf of Valley Health Center: <http://myvalleyhc.com>

FOR IMMEDIATE RELEASE:

Valley Health Center Offers Free Services to Cope with Rising Suicide Rates

San Jacinto, California – July 20, 2012 – The Valley Health Center in San Jacinto is opening its door to the community and offering free mental health services in response to the rising suicide rate in the area. Funded by donations and run by volunteers, Valley Health Center offers free counseling services and recovery groups that are available to any community member in need.

While suicide rates are on the rise throughout the country, the issue hit close to home in Riverside County this school year. Sadly, two students from Hemet High School took their own lives this year, one over the Thanksgiving break and one in March, leaving the entire community both shocked and saddened.

For Hemet High students, it is even harder to cope with the recent tragedies, as the two students' empty desks serve as a daily reminder of what happened. As the only community clinic in the area, Valley Health Center is committed to supporting the mental health of Hemet students as well as any community member in need, regardless of income or social status.

Valley Health Center's free services are available to deal with other mental health issues as well, such as depression, stress and anxiety, marital and pre-marital situations, and adolescent and teen issues.

"These highly therapeutic counseling sessions and recovery groups will now be available to anyone who needs them, thanks to the center's devotion to keep the services free," said Valley Health Center CEO, Chablie Martinez.

According to the *Thermometer Times*, suicide is the third leading cause of death among adolescents and the second among college students. Valley Health Center is dedicated to addressing this alarming issue as well as all of the mental health needs of the community. This commitment will have a positive social and economic impact on the community at large, with mental health services freely available to all men, women, and children in Riverside County.

About Valley Health Center

Valley Health Center is a non-profit 501(c)(3) organization dedicated to making a difference in the lives of the individuals and the families of the community regardless of their background or financial situation. It holds its doors open to everyone no matter their belief or social status. Counselors and staff are always ready to assist, and counseling appointments can be scheduled by calling 951-468-5211.

Contact Information:

Valley Health Center Inc.
2325 San Jacinto Avenue
San Jacinto, CA 92583
Phone: (951) 468-5211
info@MyValleyHC.com
www.myvalleyhc.com

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