Vitalize Behavioral Health Announces Opening of New Visalia Location

FRESNO, CA, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- Vitalize Behavioral Health has expanded its presence in California's Central Valley with the opening of a new location in Visalia, giving individuals and families in the area another option for accessible, personalized mental health care.

The new Vitalize Behavioral Health location is located at 3742 W Mineral King Ave, Visalia, CA 93291, and is open Monday through Friday from 8:30 a.m. to 6:30 p.m.

The Visalia opening marks the latest step in Vitalize Behavioral Health's continued effort to make mental health support easier to access throughout the Central Valley. With existing locations in Fresno, Vitalize provides structured behavioral health care for children, adolescents and adults who may need more support than traditional weekly therapy alone can provide.

At the Visalia location, the focus remains consistent with Vitalize's broader approach to care: creating an environment where people can feel comfortable asking for help, understand their options, and receive support that reflects what they are actually experiencing.

Vitalize Behavioral Health works with individuals navigating concerns including anxiety, depression, trauma and PTSD, mood disorders and other mental health challenges. Its clinical approach incorporates evidence-based methods such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and group-based care as appropriate to each person's treatment plan.

Rather than expecting every person to fit into the same approach, Vitalize emphasizes individualized care and works with patients and families to identify an appropriate level of support based on their needs, goals, and daily lives.

The new location also brings Vitalize's clinical team closer to people in Visalia and neighboring communities who may previously have needed to travel farther for behavioral health services. For those seeking care, the process can begin with a conversation with the Vitalize team to discuss current concerns, available options, and potential next steps.

The Visalia office joins Vitalize Behavioral Health's River Park, Fig Garden, Shaw, and 41 locations as part of the organization's growing Central Valley presence.

About Vitalize Behavioral Health

Vitalize Behavioral Health provides personalized mental health care for children, adolescents, adults and families in California's Central Valley. Its continuum of care includes intensive outpatient, partial hospitalization, outpatient and virtual treatment options, with care designed to provide the level of structure and support each individual needs. Vitalize's clinical team uses evidence-based approaches while emphasizing connection, collaboration and treatment that fits into patients' real lives.

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