



## **The Program for Anxiety and Traumatic Stress Studies (PATSS) Supporting Service Members and Their Families**

The Program for Anxiety and Traumatic Stress Studies at Weill Cornell Medical College/New York-Presbyterian Hospital provides *free* support to OIF/OEF service members (those who are currently serving or those who have served) and their families. We provide support for everyday challenges of balancing military duty and civilian life and advise on issues surrounding the return home, along with specialty issues (e.g., post-traumatic stress disorder, anxiety, mood disorders, substance use, phobias, etc.).

### **We help Service Members who...**

- are feeling out of sorts, irritable, anxious or worried
- are having difficulty sleeping at night because of anxious or troubling thoughts or because of nightmares or flashbacks from a trauma they experienced
- have had difficulty adjusting to being home or at work after their service
- have negative thoughts that don't seem to go away
- have trouble communicating with their loved ones

In addition to our specialized treatment for Service Members, we also offer services specifically for family members who have been affected by their loved one's military service.

**Our mission is to ensure that military personnel, and their families, receive the highest quality of care.** Through the generous support of the McCormick Foundation, we offer a range of services for U.S. military personnel and their families *free of charge* for those who are eligible. These services include full evaluations; couples and family therapy; psychological services for children of OIF/OEF personnel; and workshops that focus on coping with stress and providing solutions to common problems with readjustment after service.

We work with military personnel in one-on-one therapy sessions, providing individuals with the help they need and deserve, as well as in large groups through our informational classes.

Where: We have offices in Manhattan's Upper East Side and White Plains/Westchester.

**For more information or to schedule a confidential appointment, please call (212) 821-0783.**