

The Hispanic Treatment Program for Anxiety Disorders

The **anxiety disorders** are some of the most common psychiatric difficulties. Frequently, many people suffer from an anxiety disorder without being diagnosed or without receiving medical treatment. As a result, the lives of these individuals are harmed.

We offer new and established treatments at the **Hispanic Treatment Program** of the New York State Psychiatric Institute, a clinic dedicated to the evaluation, research, and treatment of these difficulties.

People who are suffering from anxiety may have any of the following symptoms:

Panic Disorder

- A panic attack is an episode of intense anxiety or terror that suddenly appears without warning, lasting a few seconds or minutes
- With fear that one will die, go crazy, or lose control during these moments of terror
- Accompanied by physical symptoms such as: shortness of breath, palpitations, chest pain, dizziness, tremors or sweating

Depression

- Feeling depressed, sad, and hopeless
- Loss of interest in things that once gave one pleasure
- Restlessness and nervous tension
- Feeling tired and without energy
- Insomnia or other problems with sleep
- Change in appetite or weight
- Forgetfulness and difficulty concentrating

Social Phobia

- The persistent and excessive fear of situations in which something painful can happen to the person while others are watching
- Excessive shyness
- Wishing to avoid public speaking altogether
- Avoidance of social situations or of eating, drinking, or writing in front of others

Posttraumatic Stress

- The individual has suffered a trauma and feels that (s)he has not been able to recover
- Has undergone a traumatic experience, such as being mugged, physical or sexual abuse, fire, explosion, or accident.

- After the event, the person has nightmares or bad memories of the event, and feels constantly anxious, irritable, keyed up, or depressed

The Hispanic Treatment Program of the New York State Psychiatric Institute offers free services for the Hispanic community. We have several programs for adults who are in good physical health and are suffering from any of these psychiatric difficulties.

What does the program offer?

Individuals wishing to be admitted to the program will be interviewed briefly by phone. If the person qualifies for the program, (s)he will be given an appointment for an evaluation. If it is determined that the person is eligible to participate in the program, s(he) will receive a physical exam, blood test, and electrocardiogram at no cost.

After receiving results confirming that (s)he is in good physical health, the person will receive clinical treatment. We have several treatments with medicine that will last from 6 to 8 months, depending on the needs of each person. All of these will be applied by doctors who are specialists in the area of anxiety disorders.

All treatments are available completely free of charge for individuals who speak Spanish or English. People from any part of New York state or out of state are eligible.

Information and Consultations

For more information or to **schedule** an appointment, please call **(646) 774-7000**.

Office hours are: Monday, Thursday, and Friday from 9:00 AM to 5:00 PM; Tuesday and Wednesday from 9:00 AM to 8:00 PM.

ALL CALLS ARE CONFIDENTIAL