



Always worried, fearful, or anxious?

A free educational talk on anxiety disorders



**I CAN'T
KEEP CALM
BECAUSE
I HAVE
ANXIETY**

- What are anxiety disorders?
- How is anxiety diagnosed and what treatments are available?
- What is obsessive compulsive disorder (OCD)?
- How is OCD diagnosed and what treatments are available?
- What anxiety and OCD research is available to the public?

Presenter: Helen Blair Simpson, MD, PhD
Professor of Clinical Psychiatry at CUMC
Director, Center for OCD and Related Disorders, CUMC
Director, Anxiety Disorders Clinic, New York State Psychiatric Institute

Date: Thursday, April 7, 2016

Time: 5:30PM – 7:00PM

Location: Columbia Community Partnership for Health
390 Fort Washington Avenue, Ground Floor
New York, NY 10033

→ A free event open to all

→ The talk will be in English and Spanish

→ Refreshments will be served



To RSVP call:
(646) 697-2274