

Telemental health services at the Steven A. Cohen Military Family Clinic at NYU Langone provides short-term **free** mental health care to anyone who has served in the United States Armed Services, regardless of role while in uniform, discharge status, or combat experience, as well as their families and the families of active duty service members.

Participants log into a secure website at the time of the appointment and meet with a mental health care provider in a virtual office space.

TO QUALIFY, THE PATIENT MUST HAVE

- A **steady** internet connection.
- A **computer, laptop, or tablet with a webcam, microphone, and speaker.**
- A **quiet, private, well-lit** location for the sessions.

ENROLLMENT PROCESS

- **For those living in the greater NYC metro area**
The initial intake session will be conducted in-person with your clinician at our Manhattan location. All further treatment will be held via tele-sessions in the privacy of your home.
- **For those living outside of the greater NYC metro area**
The initial intake session, as well as all treatment, will be conducted via tele-sessions. You are not required to travel to Manhattan for the intake session.

WHO WOULD BENEFIT FROM TELEMENTAL HEALTH SERVICES

- Those who live more than an hour away from a military-oriented treatment facility.
- Those who are concerned about a mental health stigma, who'd prefer the privacy of telehealth.
- Those who are disabled and/or have difficulty leaving their home or traveling.

EVIDENCE-BASED TELEMENTAL HEALTH SERVICES ADDRESS A BROAD RANGE OF CONDITIONS, INCLUDING

- Depression
- Anxiety
- Post-traumatic stress disorder (PTSD)
- Mtb
- Attention deficit hyperactive disorder (ADHD)
- Stress
- Grief and loss
- Relationship and family conflict
- Military sexual trauma
- Readjustment problems

SERVICES WE PROVIDE

- Individual therapy
- Couples therapy
- Parenting training
- Medication management
- Psychiatric evaluations
- Psychological assessments
- Neurocognitive rehabilitation