



Integrated Psychiatric Services

Specialized, Comprehensive Psychiatric Care for Anxiety and OCD

At Anxiety Institute, we offer comprehensive support for individuals managing anxiety, OCD, and related co-occurring disorders. Our Integrated Psychiatric Services combine therapy and medication management, providing personalized, evidence-based care tailored to each patient's needs.

Led by Dr. Omar Canosa, our Medical Director and experienced psychiatrist, our services cater to individuals aged 9 and older. Dr. Canosa specializes in anxiety, OCD, and co-occurring disorders, with a focus on understanding the unique developmental needs of adolescents and young adults for optimal outcomes.

What We Offer:

Comprehensive Consultation & Assessment

Dr. Canosa offers in-depth consultation, assessment, and medication management specifically tailored to those with anxiety, OCD, and related disorders.

Intensive Outpatient Program (IOP) Integration

Clients in our IOP* benefit from a psychiatric consultation, including medication management review, to ensure a seamless and effective treatment plan.

Flexible Psychiatric Services

Psychiatric care is available to all outpatient therapy clients and individuals seeking standalone medication management.

Developmental Approach to Improve Outcomes

Our approach recognizes the brain's significant neurological changes during adolescence, incorporating these shifts into our treatment strategies for better long-term outcomes.

Expedited Appointments

With our integrated psychiatric services, appointments are fast-tracked for timely support with our expert medical director.

For more information or to discuss how we can collaborate to support your patients, please contact us:

(844) 881-1846

psychiatry@anxietyinstitute.com

**Currently available for NJ/CT clients only.*

