

SPEAKERS:

Elisse Bergstrom, LMSW
Social Worker
Gracie Square Hospital

Noel Carrillo, MD
Unit Chief
Gracie Square Hospital

Assistant Professor of
Clinical Psychiatry
Weill Cornell Medicine

Ammy Gutierrez, BSN, RN
Clinical Resource RN
Gracie Square Hospital

Thriving, Not Just Surviving: Mental Health Wellness for College-Bound and Young Adults

Join us for a free in-person lecture exploring how resilience can be cultivated, strengthened, and sustained in everyday life.

FEATURED DISCUSSION TOPICS:

- Understanding common mental health challenges experienced by college-bound and young adults, including treatment options and available supports.
- Helping families and community members recognize when hospital-level mental health care may be needed.
- Supporting successful transitions before, during, and after hospitalization, including coordination with colleges, families, and community-based resources.

GRACIE SQUARE HOSPITAL
BEHAVIORAL HEALTH REIMAGINED
Affiliated with NewYork-Presbyterian

Thursday, September 24, 2026

3:00-4:30 p.m.
Gracie Square Hospital
416 East 76th Street
New York, NY 10021
1st Floor Conference Room

Please register here to attend. Space is limited.