



Mood Disorders Program

at Gracie Square
Hospital



The Mood Disorders Program provides focused, evidenced-based care for individuals experiencing complex mood conditions, including major depressive disorders, bipolar spectrum disorders, and treatment-resistant mood disorders. The unit integrates advanced biological treatments, structured psychotherapy, and recovery-oriented programming within a highly specialized clinical environment.

Program highlights include the following:

Condition-Focused Approach

Care is tailored to specific mood disorders rather than general psychiatric diagnoses. Treatment planning emphasizes diagnostic clarity, longitudinal understanding of illness patterns, and differentiation of mood symptoms from co-occurring conditions.

Advanced Biological Therapies

The unit offers expertise in complex pharmacologic management, alongside access to advanced interventions such as ketamine and other neuromodulation treatments when clinically indicated.

Evidence-Based Psychotherapy

Patients participate in therapies proven effective for mood disorders, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and other skills-based interventions such as exercise therapy and movement to support emotional regulation and resilience.

Interdisciplinary Expert Team

Care is delivered by a dedicated team of psychiatrists, psychologists, nurses, social workers and therapeutic activities personnel with specialized expertise in mood disorders. This collaborative model ensures consistency, safety, and continuity of care.

To facilitate admission, patients are encouraged to visit any NewYork-Presbyterian emergency room. If you are currently in another hospital's emergency department, you may request a transfer to Gracie Square Hospital for specialized care.

About Gracie Square Hospital and Weill Cornell Psychiatry

The Mood Disorders Program is offered at Gracie Square Hospital, located on Manhattan's Upper East Side. Our psychiatrists, who are faculty at Weill Cornell Medicine, are nationally recognized for their expertise in diagnosing and treating a broad spectrum of psychiatric conditions. Gracie Square Hospital is proud to be Gold Certified by Planetree for Excellence in Person-Centered Care, Magnet®-recognized by the American Nurses Credentialing Center, and a Healthcare Equality Index (HEI) Leader in LGBTQ+ Healthcare Equality—demonstrating our unwavering commitment to inclusion and excellence.



To learn more, contact our team:

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