



1808 Route Six • Carmel, NY 10512 • (845) 225-2700 • Fax: (845) 225-3207 • [www.PFCSinc.org](http://www.PFCSinc.org)

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Contact: Cheryl McKeever  
845.225.2700 x136  
[cmckeever@PFCSinc.org](mailto:cmckeever@PFCSinc.org)

**MORE CONVENIENT MENTAL HEALTH SERVICES FOR WESTERN PUTNAM**  
*PFCS Opens Office in Cold Spring*

**Cold Spring, NY** – The drive across Putnam County can be a long one, especially for those in search of help for depression, anxiety, and other mental health issues. But thanks to Putnam Family and Community Services (PFCS), getting help no longer has to be inconvenient for residents of Cold Spring, Garrison, and other towns in Western Putnam.

The non-profit agency, whose main office is located in Carmel, has opened a new satellite office at 6 Marion Avenue in Cold Spring. According to Diane E. Russo, the recently appointed Executive Director of PFCS, “We have had a presence in Cold Spring for many years, but our former location wasn’t as accessible as we’d hoped. Now, with our new space, we can provide the same quality, recovery-focused services that Putnam has come to expect from PFCS in a much more convenient environment for people in the Western part of the county.”



*PFCS Executive Director Diane Russo in the agency’s new Cold Spring location*

Response from local residents has been very favorable. The office has been busy since it opened in December and, according to Russo, PFCS has received positive feedback from the community. “Our appointments are filling up and we’re exploring the possibility of adding more hours to meet the needs of the community,” she said, noting that, “a number of barriers can keep people from seeking help for mental health; we didn’t want location to be one of them. We wanted to make it as easy as possible for people to get the help they need in a place that works for them.”

Those interested in learning more about the services available in Cold Spring can call 845-265-3934 or contact PFCS’s main office at 845-225-2700 to schedule an appointment.

**About Putnam Family and Community Services, Inc.**

Putnam Family and Community Services, Inc. (PFCS) is a private non-profit agency providing mental health, chemical dependency treatment and prevention, and family support services to people of all ages, regardless of ability to pay. PFCS promotes opportunities to grow, heal, and recover through comprehensive services including counseling, case management, family advocacy, community outreach, and assistance with addiction and rehabilitation. For more information, visit [www.PFCSinc.org](http://www.PFCSinc.org).