Community Health Connections

Transcranial Magnetic Stimulation (TMS)

A non-invasive, medication-free treatment option for depression.





What Is TMS?

TMS is an FDA-cleared treatment that uses gentle, targeted magnetic pulses to stimulate specific areas of the brain involved in mood regulation. These areas may show decreased activity in people experiencing depression.

It uses a specialized treatment coil placed against the scalp to deliver gentle magnetic pulses to areas of the brain that affect mood and behavior. These pulses help "wake up" nerve cells so the brain can work better.

TMS requires no surgery, anesthesia, or medication during treatment. Patients remain awake and alert and can typically return to regular daily activities immediately afterward.

Who May Benefit?

TMS may be appropriate for adults experiencing depression, particularly those who:

- Have not improved sufficiently with antidepressant medications.
- Have difficulty tolerating medication side effects.
- Continue to experience symptoms despite trying other treatments.
- Are interested in an alternative or additional approach to treating depression.

What to Expect During Treatment

Treatments are provided in a comfortable clinical setting. Following an initial evaluation, sessions typically last about 20 minutes. Patients should plan to spend about one hour at the health center per visit to accommodate treatment and any additional services as needed. Treatment is generally scheduled 3–5 days per week for approximately 6 weeks. Patients remain awake and can typically resume their usual activities immediately afterward.

Is TMS Right for You?

Everyone's experience with depression is different. A clinical evaluation can help determine whether TMS is right for you.

Insurance

Insurance coverage may be available for TMS treatment. Contact Community Health Connections to verify your benefits.



Contact Community Health Connections

to learn more about TMS and whether it may be right for you.

Reach the department directly: intake@chcfhc.org or call 978-878-8155.