

PATIENT EDUCATION RESOURCES

At Ascension Saint Thomas Behavioral Health Hospital, we want our patients to feel empowered to play an active role in their treatment. This starts with them gaining a better understanding of the therapies and services we offer.

Electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS) and esketamine therapy are therapeutic options we offer for patients who are struggling with severe mental health concerns that have not responded to other forms of treatment. We encourage you to check out the resources below to learn more about these services.

ELECTROCONVULSIVE THERAPY (ECT)

ECT is a safe, effective procedure that is performed under general anesthesia. It involves passing small electric currents through the brain to intentionally trigger a brief seizure.



Watch a Video:
ECT Short Documentary

www.youtube.com/watch?v=9L2-B-aluCE&t=29s



Read More:
ECT Overview

www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/basics/definition/prc-20014161

TRANSCRANIAL MAGNETIC STIMULATION (TMS)

TMS is a noninvasive procedure that involves using magnetic pulses to stimulate the nerve cells in the region of the brain that controls mood.



Watch a Video:
What Is TMS?

www.youtube.com/watch?v=bwchix_YRUM



Read More:
TMS Overview

www.mayoclinic.org/tests-procedures/transcranial-magnetic-stimulation/home/ovc-20163795



Read More:
TMS FAQs

www.hopkinsmedicine.org/psychiatry/specialty_areas/brain_stimulation/tms/faq_tms.html

ESKETAMINE (SPRAVATO) THERAPY

Esketamine, which is made from ketamine, is a nasal spray that is administered in a clinical setting.



Watch a Video:
Esketamine for Depression

www.youtube.com/watch?v=OK8sdYgDiao



Read More:
Esketamine for Depression

www.hopkinsmedicine.org/health/treatment-tests-and-therapies/esketamine-for-treatment-resistant-depression