

Transcranial Magnetic Stimulation

Find new hope for your mental health



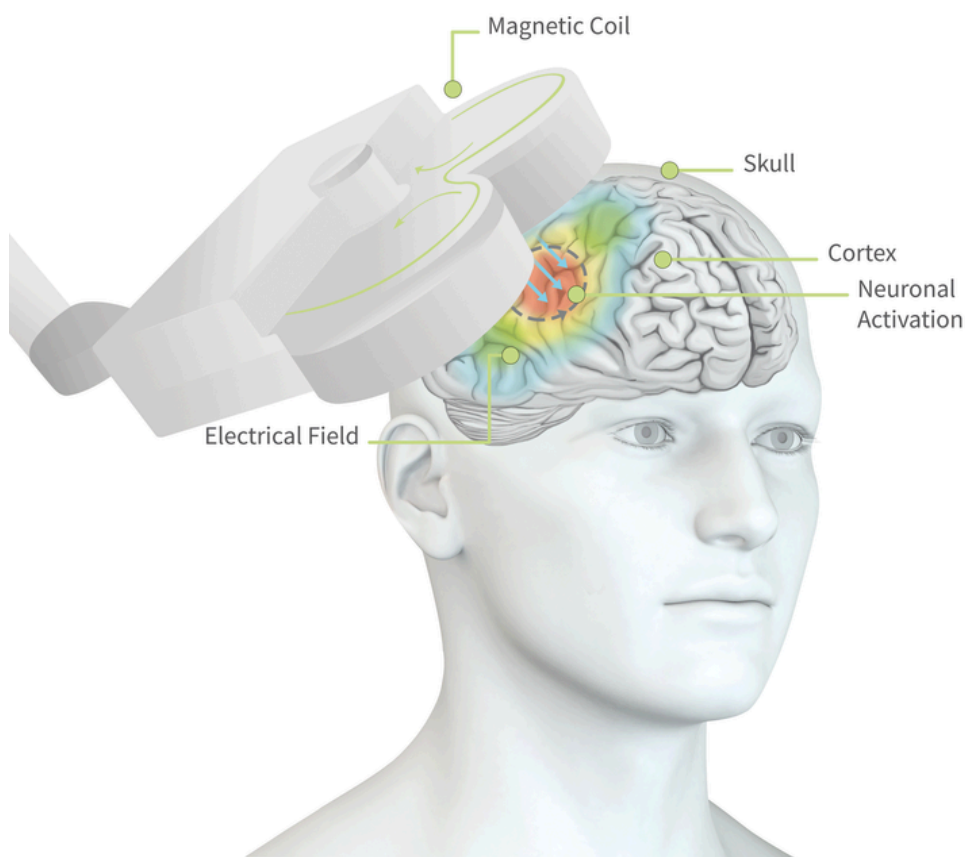
We are proud to have helped over one thousand patients with depression, anxiety, addiction and more, since opening our first clinic in London in 2015.

What is TMS?

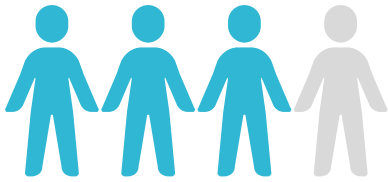
Transcranial Magnetic Stimulation (TMS), or repetitive Transcranial Magnetic Stimulation (rTMS), is an innovative, medication-free and non-invasive treatment for mental health conditions.

This non-invasive treatment utilises magnetic pulses to stimulate specific areas of the brain, offering relief not only for symptoms associated with depression, but also can help people with anxiety, OCD, addiction, and other mental health disorders.

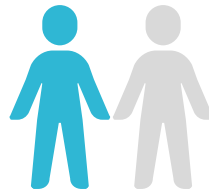
TMS is a type of brain stimulation therapy, that precisely targets the circuits linked to your condition without introducing chemicals into the brain. In contrast to medications, TMS has minimal potential side effects.



How Effective is TMS?



3 in 4 Smart TMS patients saw a reduction in depression symptoms



1 in 2 Smart TMS patients with depression achieve full remission

	Anti-depressants	ECT (‘Electroshock’ Therapy)	TMS
NICE approved	✓	✓	✓
Non-invasive	✓	✗	✓
Side-effects	<ul style="list-style-type: none">• Anxiety• Diarrhoea• Dizziness• Fatigue• Headache• Increased appetite• Migraine• Nausea• Nervousness• Sleep problems• Sexual dysfunction• Weight gain	<ul style="list-style-type: none">• Confusion• Disorientation• Headaches• Intense sleepiness• Jaw ache• Anaesthetic complications• Memory loss• Muscle aches• Nausea	<ul style="list-style-type: none">• Mild headache• Mild fatigue• (Seizure risk 0.0002%)

Which conditions does TMS treat?

Smart TMS helps to treat a diverse range of conditions with Transcranial Magnetic Stimulation (TMS). Our innovative approach addresses various mental health disorders, providing hope and relief to individuals seeking an alternative to traditional treatments.

Depressive Disorders

- Clinical Depression
- Adolescent Depression (ages 14-18)
- SAD – Seasonal Affective Disorder
- PND – Postnatal Depression
- Bipolar Disorder

Anxiety Disorders

- OCD – Obsessive Compulsive Disorder
- Generalised Anxiety Disorder
- Panic Disorder

Addiction Disorders

- Cocaine addiction
- Alcohol addiction
- Smoking addiction

Other Conditions

- ADHD
- Borderline Personality Disorder
- Fibromyalgia
- PTSD – Post Traumatic Stress Disorder
- Primary Chronic Insomnia



We are the UK's largest network of private TMS clinics.



Did you know?

Smart TMS is part of the neurocare group, a best-practice network of TMS clinics pioneering non-invasive mental health treatments like TMS. neurocare has clinics in Australia, the United States, The Netherlands and a growing number of third-party practices.
www.neurocaregroup.com/patients

Frequently Asked Questions

Is TMS safe?

TMS is a safe procedure with over three decades of research. NICE approved it for depression in 2015, and most patients do not experience any side effects.

How long is TMS treatment?

The first session is an hour, which includes an introduction and measurements for your treatment cap. Subsequent sessions are 30 minutes. The number of sessions varies based on individual assessment. Typically, around 30 sessions may be needed, with 1 to 3 sessions per day.

What does TMS treatment feel like?

You may feel a tapping sensation on your scalp, but it's usually well-tolerated. The practitioner adjusts the power gradually. Some experience facial twitching during treatment, which is normal and stops after the session.

Can TMS treat more than one condition?

We can treat anxiety and depression within the same treatment session at no extra cost if the patient's symptoms suggest this would be beneficial. When other conditions are suffered together, our Clinician will use the assessment to determine which is the primary condition. In some cases, patients find treatment for one condition lessens the symptoms of another condition.



**If you have any
further questions,
please call us on
0345 222 5678**



I am in remission after 9 years with "major depressive disorder! The whole process from start to finish was exceptional. My Smart TMS practitioner was nothing short of amazing and the treatment very straight forward."



"The technicians were friendly, knowledgeable and eager to help/answer any questions. The process was efficient and non-intrusive."



"Fantastic. Worked so much better than I had expected. Best treatment I have ever received."



Scan the QR code to read more patient testimonials!



"Excellent service. Practitioner was very knowledgeable and helpful. Treatment certainly benefited me which I am very grateful for."






"I've found it extremely effective and everyone was so helpful to deal with."






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