NEW DIRECTIONS
MENTAL HEALTH
A MEMBER OF TRANSFORMATIONS CARE NETWORK

A New Direction for Your Mental Health

Living with depression can feel hopeless, but you're not alone.

More than 8% of US adults are diagnosed with depression, and without proper treatment, symptoms like low mood, fatigue, lack of motivation, and even physical aches and pains can get worse. Our team of empathetic mental health professionals is here to support you on your healing journey.



Understanding Your Depression

Depression is a mental health condition characterized by sadness or emptiness, lack of energy, changes in sleeping and eating habits, loss of interest in previously enjoyed activities, and low self-esteem. Depression can be triggered by a difficult situation, but it is also caused at least in part by genetics and dysregulation in brain chemicals. It is not your fault.

How Your Depression Might Feel

- You might experience feelings of sadness, emptiness, hopelessness, or be more irritable than usual
- You may feel like you don't have the energy to do anything, even activities you used to look forward to
- You may notice changes in your appetite or sleep
- Low self-worth might make you spiral into negative self-talk and feeling like you're "not good enough"

What to Expect from Depression Treatment

Depression treatment often involves therapy and medication. Our skilled therapists can help you feel supported in finding healthy ways to process your feelings and move forward, while our psychiatric providers can determine which medications might be best for your symptoms. For those who have tried medication in the past and haven't found relief, our clinics also offer treatments like TMS and Spravato® to boost mood and energy through alternative methods.

Your Pathway to Relief

In one study, 67% of people with clinical depression reported significant improvement with cognitive-behavioral therapy (CBT), and over 60% of those taking antidepressants experienced a greatly improved quality of life. For those who don't see meaningful results from traditional medication, 83% of TMS clients reported a marked decrease in depression severity, while 62% of Spravato® patients experienced significant improvements in social functioning.

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You don't have to deal with depression alone. Reach out today.

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