

SmartTMS

MENDING MINDS



Transcranial Magnetic Stimulation

TMS is a medication-free and non-invasive treatment for depression, addiction and mental health conditions.

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Smart TMS is the largest provider of Transcranial Magnetic Stimulation treatment in the UK and Ireland.

About Smart TMS

Our growing network of clinics, staffed by experienced practitioners, has been helping hundreds of patients since our first clinic opened in London in 2015.

What is TMS?

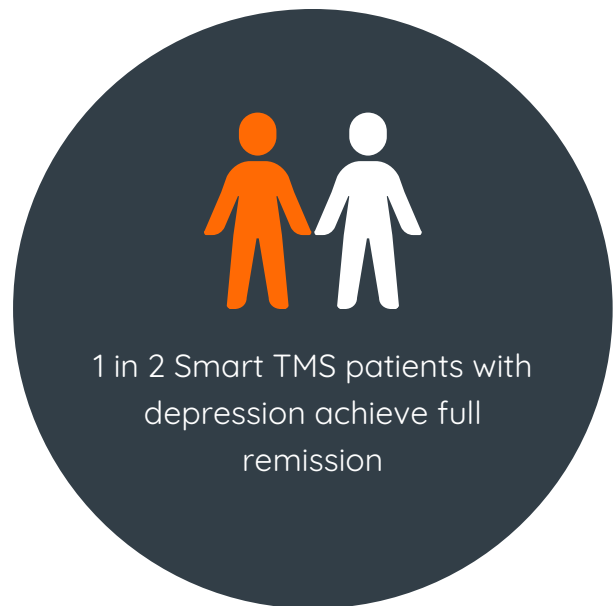
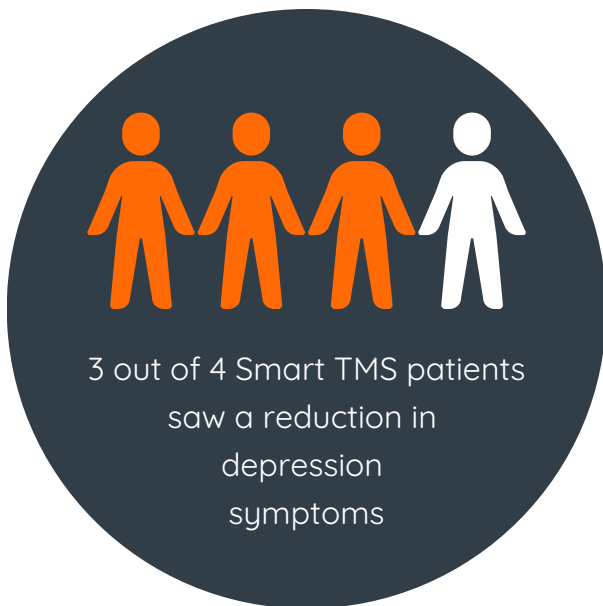
Transcranial Magnetic Stimulation (TMS), or repetitive Transcranial Magnetic Stimulation (rTMS), is an innovative treatment for addressing mental health conditions.

While commonly known as "magnetic therapy for depression," TMS extends its efficacy beyond depression alone. This non-invasive treatment utilises magnetic pulses to stimulate specific areas of the brain, offering relief for symptoms associated with depression, OCD, addiction, and other mental health disorders.

TMS, classified as a brain stimulation therapy, precisely targets the circuits linked to your condition without introducing chemicals into the brain. In contrast to medications, TMS presents minimal potential side effects.



How Effective is TMS?



	Antidepressants	ECT	TMS
Is it NICE approved?	✓	✓	✓
Is it non-invasive?	✓	✗	✓
What are the side effects?	Anxiety Diarrhoea Dizziness Fatigue Headache Increased appetite Migraine Nausea Nervousness Sleep problems Sexual dysfunction Weight gain	Confusion Disorientation Headaches Intense sleepiness Jaw ache Anaesthetic complications Memory loss Muscle aches Nausea	Mild headaches Mild fatigue 1 in 50,000 risk of seizures

Which conditions do Smart 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.

Conditions:

- **Depression**
 - Clinical Depression
 - Teenage Depression 14-18
 - SAD – Seasonal Affective Disorder
 - PND – Postnatal Depression
 - Bipolar Disorder
- **Anxiety**
 - OCD – Obsessive Compulsive Disorder
 - Generalised Anxiety Disorder
 - Panic Disorder
- **Addiction**
 - Cocaine addiction
 - Alcohol addiction
 - Smoking addiction
- **Other Conditions**
 - ADHD
 - Borderline Personality Disorder
 - Fibromyalgia
 - PTSD – Post-Traumatic Stress Disorder
 - Primary Chronic Insomnia



Where can I get TMS treatment?

Our clinic locations:

London

Birmingham

Bristol

Edinburgh

Manchester

Northampton

Southampton

St Albans

Dublin

UK's largest network of private rTMS clinics



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

Smart TMS Feefo Testimonials



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.



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



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



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



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