

Safety and Eligibility

The most common effects are temporary headache or scalp, facial, or jaw discomfort, especially early in treatment. A seizure is a rare but serious potential risk. Tell the treatment team about:

- Seizure history, brain injury, or another condition that may increase seizure risk
- Certain metal near the head or implanted electronic devices
- Medication or dose changes, severe sleep loss, or changes in alcohol or substance use
- Worsening depression, unusual behavior, or urgent psychiatric safety concerns

Does a parent or guardian need to be involved?

For minors, a parent or legal guardian participates in evaluation and provides consent. The young person should also have time to ask questions, express preferences, and discuss whether they are willing to try TMS. Shared planning balances developing independence with family support and safety.

Does insurance cover adolescent dTMS?

In Florida, Medicare and many private insurance plans may cover dTMS when medical criteria are met. In Puerto Rico, Medicare coverage may apply, while private insurance coverage is verified individually. Documentation and prior authorization requirements vary, and our team can review benefits and guide families through the process.



Individual results and coverage vary. A clinical evaluation is required.



How can dTMS fit around school?

Appointments are available between 8:00 a.m. and 4:00 p.m. Before starting, we plan around transportation, attendance, extracurricular activities, and visit length. Most patients can return to school or other usual activities after each dTMS session.

QUESTIONS?

We are here to help.

Our team can review treatment fit, scheduling, and next steps.



JACKSONVILLE

904-853-5867

4141 Southpoint Drive East
Suite A
Jacksonville, FL 32216



SAN JUAN

787-558-5888

525 Ave Franklin D Roosevelt
Suite 1214
San Juan, PR 00918



www.BioMentalClinic.com

contact@biomentalclinic.com

Compassionate care. Science-backed results.



Deep Transcranial Magnetic Stimulation for Adolescents

For Ages 15-21



FDA-cleared adjunct therapy



Ages 15-21



Non-invasive



Insurance coverage may be available



904-853-5867

www.BioMentalClinic.com

When Depression Treatment Is Not Enough

Depression is more than sadness, and not every young person needs medication. Support from family, school, activities, and therapy can help many adolescents. When symptoms remain serious or current care is not enough, needing another option does not mean anyone has failed.

Deep transcranial magnetic stimulation (dTMS) is a non-invasive, office-based adjunct treatment for major depressive disorder in adolescents and young adults ages 15-21. It can be coordinated with medication, therapy, and family support. The adolescent's questions, preferences, and willingness are part of planning, and families do not have to navigate the process alone.

What Could Feeling Better Look Like?

Depression can disrupt sleep, school, relationships, confidence, and growing independence. Recovery is more than a symptom score; together, we identify meaningful goals such as:

- Getting out of bed and attending school more consistently
- Reconnecting with family, friends, and activities
- Improving concentration, motivation, and sleep
- Regaining hope and confidence about the future

What Is dTMS?

Deep transcranial magnetic stimulation, or dTMS, is a non-invasive treatment that delivers magnetic pulses through a cushioned helmet. For depression, the pulses stimulate the left dorsolateral prefrontal cortex and connected brain networks involved in mood regulation.

BrainsWay Deep TMS is FDA-cleared as an adjunct treatment for depressive episodes in adolescents and young adults ages 15-21 with Major Depressive Disorder whose symptoms have not improved enough with antidepressant medication during the current episode. It may be part of a broader plan that includes medication, psychotherapy, and other appropriate treatments.

When May dTMS Be Considered?

dTMS may be worth discussing when significant depression symptoms continue despite treatment. A comprehensive evaluation reviews diagnosis, symptoms, treatment history, medications, medical and neurologic history, implanted devices, seizure risk, and personal goals.

- Depression remains moderate to severe, disrupts daily life, or repeatedly returns
- Therapy and antidepressant medication have not provided enough improvement
- Medication side effects have been difficult to tolerate

Treatment Without Downtime

Treatment does not require anesthesia, sedation, surgery, hospitalization, or a recovery period. Patients remain awake and seated, and most can return to school or other usual activities afterward.

Because dTMS does not circulate through the body like medication, it is not generally associated with systemic medication effects such as weight gain or sexual side effects. Temporary discomfort at the treatment site can occur.

What to Expect During Treatment

-  The first treatment visit is longer and includes head measurements and motor-threshold mapping. This establishes the helmet position and personalizes the stimulation level.
-  Later sessions are scheduled on weekdays during the initial treatment phase, followed by taper or continuation visits when recommended.
-  Progress, tolerability, and willingness to continue are reviewed using symptom scales and the daily-life goals identified at the start of treatment.

At a Glance

 10-20 Minutes per session	 4-6 Weeks of weekday visits	 36-44 Common total sessions
--	--	--

Evidence Snapshot

-  FDA clearance was supported by real-world data from 1,120 patients ages 15-21 treated at 35 U.S. centers. After 36 sessions, BrainsWay reported an average 12.1-point PHQ-9 improvement and a 66.1% response rate, defined as at least 50% improvement. This was not a randomized sham-controlled trial, and individual results vary.

How dTMS Fits Into Your Treatment Plan

-  Contact BioMental directly or through a healthcare professional. A consultation reviews your symptoms, treatment history, current care, and goals; it does not commit you to treatment.
- Keep seeing your current therapist, psychiatrist, and other clinicians
- With permission, BioMental can request records and coordinate dTMS with your existing care