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## **Alternative Treatments for Depression, PTSD and More Brain Stimulating Therapies and Psychedelic Treatments**

The following document provides information about brain-stimulating therapies, and current and emerging treatments using psychedelic substances. These treatments are used for various mental health conditions, including treatment-resistant depression, Post Traumatic Stress Disorder, OCD and more. Speak to your doctor or psychiatrist to determine if you could be a treatment candidate. Note that these are not first line treatments. Rather, they are usually recommended for mental health conditions that have [not responded to standard treatment](#). Insurance coverage may vary.

### Brain Stimulation Therapies:

Brain stimulation therapies can play an important role in treating some mental health conditions. According to the National Institute of Mental Health

*These therapies work by activating or inhibiting the brain with electricity. Electricity can be administered through electrodes implanted in the brain or indirectly through electrodes placed on the scalp. The electricity can also be induced by applying magnetic fields to the head.*

The following treatments are available and currently in use:

- [Transcranial Magnetic Stimulation](#) (TMS) – A non-invasive form of brain stimulation using electromagnetic pulses applied to the head.
- [Electroconvulsive Therapy](#) (ECT) – Uses electrical stimulation which is applied to the head and performed under anesthesia
- [Vagus Nerve Stimulation](#) (VNS) – Uses mild electrical pulses to the brain via the vagus nerve. A device – which is similar to a pacemaker - is surgically implanted in the chest and neck. The procedure is performed on an outpatient basis under general anesthesia.
- [Deep Brain Stimulation](#) (DBS) – Uses electrodes, which are implanted into certain brain areas. These electrodes generate electrical impulses that are used to control movement disorders as well as obsessive compulsive disorder (OCD).

The following brain stimulation treatments are currently being researched and can be accessed through clinical trials only.

- [Transcranial Direct Current Stimulation](#) (tDCS)
- [Transcranial Photobiomodulation](#) (tPBM)

## Psychedelic Therapies

### [Ketamine Assisted Psychotherapy \(KAP\)](#):

Ketamine is a “non-classical psychedelic” substance, though there is some debate about its classification. This treatment involves using Ketamine’s trance-inducing and pain-relieving properties to help individuals work through various mental and emotional challenges. Ketamine can be used to treat multiple mental health conditions including substance use disorder, depression, anxiety, and PTSD.

The following treatments are currently available.

[Spravato \(Nasal Esketamine\)](#) – This FDA-approved treatment comes in the form of a nasal spray. Usually, the treatment is done in tandem with an antidepressant. This treatment is often covered by insurance.

Ketamine Infusion Therapy – This treatment has been approved for other conditions and is considered “off label” for mental health. However, there are clinics across NYC that provide this treatment for mental health conditions. Intravenous (IV) infusion therapy is not covered by insurance at this time.

## Other Psychedelic Therapies

### MDMA

MDMA is a non-classical psychedelic that shows promise as a treatment for Post Traumatic Stress Disorder (PTSD). It is not currently a treatment option in New York State. MDMA is now under FDA review in Phase 3 clinical trials.

### Psilocybin

Psilocybin is a psychedelic substance that has also shown promise for treating PTSD and treatment resistant depression. It is currently under FDA review in Phase 2 clinical trials. Research has indicated rapid-acting and enduring antidepressant effects when used in combination with talk therapy.

Both MDMA and Psilocybin are Schedule I narcotics in the United States and currently only administered in clinical trials (research studies).<sup>1</sup>

Check the centers below for more information about clinical trial in New York:

### Clinical Trials in NYC

- [Nautilus Sanctuary Center for Research](#)
- [NYU Center for Psychedelic Medicine Research](#)
- [Parsons Research Center for Psychedelic Healing at Mount Sinai](#)

### [Clinical Trials Across the Country](#)

- [MDMA Assisted Therapy Trials List - clinicaltrials.gov](#)
- [Psilocybin Assisted Therapy Trials List - clinicaltrials.gov](#)

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<sup>1</sup> <https://www.apa.org/monitor/2024/06/psychedelics-as-medicine>

## Providers

### Manhattan

- [Advance TMS](#)
  - Address: 315 Madison Ave, Suite 507, New York, NY 10017
  - Insurance: Most private insurance and Medicare, call to verify
  - **Services: TMS, tPBM**
- [Columbia University Treatment-Resistant Depression Program](#)
  - Address: 5 Columbus Cir, New York, NY 10019
  - Insurance: Call to verify
  - **Services: TMS, Ketamine IV, Spravato, ECT**
- [Keta Medical Center](#)
  - Address: 7 West 96th Street, Suite 1H, New York, NY 10025
  - Insurance: Most private insurance and Medicare; call to verify
  - **Services: Spravato, Ketamine IV**
- [Lenox Hill Mind Care](#)
  - Address: 111 E 80th St #1b, New York, NY 10075
  - Insurance: Most private insurance and Medicare; call to verify
  - **Services: TMS, Ketamine IV, Spravato**
- [Madison Avenue TMS & Psychiatry](#)
  - Address: 515 Madison Ave, Suite 2310, Room 5, New York, NY 10022
  - Insurance: Most private insurance, Medicare, and Medicaid; call to verify
  - **Services: TMS**
- [Manhattan TMS](#)
  - Address: 200 W. 57<sup>th</sup> Street, New York, NY 10019
  - Insurance: Call to verify
  - **Services: TMS, Ketamine IV**
- [Mount Sinai Treatment-Resistant Depression Program](#)
  - Address: 1399 Park Avenue, New York, NY 10029
  - Insurance: Call to verify
  - **Services: Spravato, TMS, ECT, VNS, DBS**
- [NYC Psychiatric Associates](#)
  - Address: 353 Lexington Ave, Suite 800, New York, NY 10016
  - Insurance: Most private insurance; call to verify
  - **Services: Spravato, TMS**
- [NYU Langone Psychiatry Associates – Mood Disorders Consultation Service](#)
  - Address: 1 Park Avenue, 8th Floor, New York, NY 10016
  - Insurance: Most private insurance; call to verify
  - **Services: TMS, ECT, VNS, DBS**

- [Saint Mark's Place Institute for Mental Health](#)
  - Address: 57 Saint Marks Place New York City NY 10003
  - Insurance: Most private insurance, Medicaid, sliding scale; call to verify
  - **Services: Spravato, TMS**
- [Weill Cornell Psychiatry](#)
  - Address: 525 East 68<sup>th</sup> Street, New York, NY 10065
  - Insurance: Most private insurance and Medicare; call to verify
  - **Services: TMS, ECT**

## **Brooklyn**

- [Curated Mental Health](#)
  - Address: 402 Metropolitan Avenue, Brooklyn; 253 W. 28<sup>th</sup> St. 6<sup>th</sup> Fl. Manhattan
  - Insurance: Most private insurance; call to verify
  - **Services: TMS, Spravato, Ketamine IV**
- [LifeQuality TMS](#)
  - Address: 26 Court St., Ste 808, Brooklyn, NY 11201
  - Insurance: Call to verify
  - **Services: TMS**
- [Resilient Mind Psychotherapy](#)
  - Address: 541 Bay Ridge Pkwy Suite LL, Brooklyn, NY 11209
  - Insurance: Most private insurance; call to verify
  - **Services: Ketamine IV**

## **Nassau County**

- [Advance TMS Long Island](#)
  - Address: 98 Cuttermill Road, Suite 441, Great Neck, NY 11021
  - Insurance: Most private insurance and Medicare; call to verify
  - **Services: TMS**
- [Clearwave Mental Health](#)
  - Address: 300 Garden City Plaza, Suite 314 Garden City, NY 11530
  - Insurance: Most private insurance; call to verify
  - **Services: TMS, Spravato, Ketamine IV**
- [Evolve Psychiatry](#)
  - Address: Multiple locations: Garden City, Massapequa, Syosset
  - Insurance: Most private insurance; call to verify
  - **Services: TMS, Spravato**
- [Hillside TMS](#)
  - Address: 1575 Hillside Ave, Suite 208, New Hyde Park, NY 11040
  - Insurance: Call to verify
  - **Services: TMS, Spravato**

## Westchester

- [APP Health Group](#)
  - Address: 175 Memorial Highway, Suite LL 7, New Rochelle NY 10801
  - Insurance: Most private insurance, Medicare; call to verify
  - **Services: TMS, Spravato**
- [Clearwave Mental Health](#)
  - Address: 115 E Stevens Ave, Suite 108, Valhalla, NY 10595
  - Insurance: Most private insurance; call to verify
  - **Services: TMS, Spravato, Ketamine IV**
- [Lenox Hill Mind Care](#)
  - 2 Overhill Road, Suite 230, Scarsdale, NY 10583
  - Insurance: Most private insurance and Medicare; call to verify
  - **Services: TMS, Ketamine IV, Spravato**

## About NAMI-NYC

At the National Alliance on Mental Illness of New York City (NAMI-NYC), we assist thousands of families and individuals affected by mental illness annually through free education, support, and advocacy.

NAMI-NYC offers [mental health classes](#), [Support Groups](#), [family mentoring](#), and a [Helpline](#) with translation services in 180+ languages. Our support services are free regardless of income, insurance, or immigration status. Contact our Helpline **M-F from 10am to 5pm** and we'll connect you with NAMI-NYC services or provide you with community resources that can help you take the next step in your journey.

**Phone/Text:** 212-684-3264

**Chat:** <https://naminycmetro.org/helpline/>

**Email:** [helpline@naminyc.org](mailto:helpline@naminyc.org)