



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

Premier Psychiatric & Body Wellness Clinic • Augusta, GA
2100 Central Avenue, Suite 6 | Augusta, GA 30904 | (706) 364-3461
www.IvyCollaborative.com



IDENTIFYING & MANAGING DEPRESSION

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Depression Can Feel Like

Sadness that will not lift, a loss of interest in things you used to enjoy, and days that feel heavier than they should are more than “a rough patch.” Hallmark signs lasting most of the day, nearly every day, for two weeks or more include hopelessness, sleep or appetite change, fatigue, poor concentration, guilt, and—sometimes—thoughts of death. Depression is a medical condition. It can follow loss or stress or appear with no clear trigger. Genetics, mood-regulation circuits, hormones, and life events all play a role. It is not a character flaw. It is treatable, and early support improves outcomes.



2. Self-Help Strategies	3. Traditional Medicine Options	4. How Ivy Collaborative Can Help
• Keep a regular sleep window; aim for 7–9 hours • Move daily—walks, stretching, or light strength work • Eat regular meals; limit late alcohol and isolation • Stay connected: one trusted person, a group, or a faith community • Use a simple mood log—energy, sleep, and interest, not only “good/bad” • Practice brief grounding or breathing when rumination spikes • Know the myth: “just snap out of it” is not treatment • Seek a professional evaluation if symptoms last 2+ weeks or function is slipping • If thoughts of death or self-harm appear, get help now—call or text 988	• Comprehensive psychiatric evaluation to confirm diagnosis and rule out medical drivers • Screen for thyroid disease, anemia, sleep apnea, substance use, and other contributors • Evidence-based psychotherapy (CBT, ACT, trauma-informed care) • Medication management when indicated—SSRIs, SNRIs, and other options, monitored over time • Treat coexisting anxiety, OCD, ADHD, or medical illness • Coordinate care among psychiatrist, therapist, and primary care • Understand limits: some people have incomplete relief or intolerable side effects • Ask about FDA-cleared, non-drug brain-stimulation options	• Exomind TMS (BTL) — FDA-cleared, drug-free magnetic stimulation for major depressive disorder • Focused pulses target the left dorsolateral prefrontal cortex, a key mood-regulation circuit • Typical protocol: sessions under 30 minutes; often 6 treatments over 1–3 weeks; no downtime* • Clinical literature on TMS: about 50–60% of patients with treatment-resistant depression improve; many reach remission* • Also used when medications fail, side effects limit options, or a non-systemic approach is preferred • Physician-directed plans with Dr. Jocelyn Bayliss, MD — dual board-certified psychiatrist • Complements—not replaces—therapy, sleep, and medical care

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative & BTL
nimh.nih.gov/depression 988lifeline.org <i>Sleep • Connection • Movement • 988</i>	mayoclinic.org (depression) psychiatry.org / patients <i>Evaluation • Therapy • Medication</i>	ivycollaborative.com — Exomind TMS <i>Exomind TMS • Schedule your consultation</i>

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461
Complimentary consultations available • FDA-cleared, non-invasive TMS for depression

You do not have to face depression alone—support is available.



Crisis support: Call or text 988 (Suicide & Crisis Lifeline) or go to the nearest emergency department if you are in immediate danger.

*TMS response and remission rates are from published literature on transcranial magnetic stimulation for major depressive disorder, including treatment-resistant depression. Exomind (BTL) is an FDA-cleared TMS device; session count and length follow the clinic's current protocol and may be individualized. Individual results vary. TMS is not emergency care. Metallic implants near the head, seizure history, and certain implanted devices are common contraindications—eligibility is determined after physician evaluation. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.