



QR code — Ivy Collaborative

IVY COLLABORATIVE HEALTHCARE

*We help people **Feel Good, Look Good & Function Well***

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www.IvyCollaborative.com

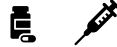


EXOMIND TMS THERAPY GUIDE

Self-Help, Traditional Approaches & Ivy Collaborative Support

1. What Exomind TMS Is For

When depression does not lift enough with medication or therapy—or side effects make those tools hard to stay on—TMS is a drug-free option that stimulates mood circuits from outside the head. Exomind uses focused magnetic pulses, usually over the left dorsolateral prefrontal cortex. You stay awake. No anesthesia. You can drive home. FDA-cleared for major depressive disorder; the clinic may also consider it when anxious depression or cognitive fog is part of the same picture after evaluation.



2. Self-Help Strategies

- Keep sleep, daylight, movement, and one social contact in place during a series
- Take medications as agreed unless your prescriber changes them
- Track mood and function twice a week so change is visible
- Arrange a ride only if you feel off after the first session; most people drive themselves
- Know the myth: TMS is “shock therapy.” It is not ECT and does not cause memory wipe
- Call or text 988 or go to an ER for suicidal crisis—TMS is not emergency care

3. Traditional Medicine Options

- Full psychiatric evaluation and med review first
- Evidence-based psychotherapy (CBT, ACT) alongside or after a series
- Medication optimization when it is still useful
- ECT remains an option for selected severe, urgent cases
- Understand limits: not everyone responds; course length is individualized
- Insurance often covers TMS for treatment-resistant depression; benefits are verified in advance

4. How Ivy Collaborative Can Help

- Exomind TMS (BTL) in a physician-directed Augusta clinic
- Sessions typically under 30 minutes; current protocol is often 6 treatments over 1–3 weeks; no downtime*
- Used primarily for major depressive disorder; other mood-related uses after evaluation*
- Dr. Jocelyn Bayliss, MD — dual board-certified psychiatrist
- Can continue most medications during treatment

5. Helpful Links

Self-Help	Traditional Medicine	Ivy Collaborative
nimh.nih.gov / depression 988lifeline.org <i>Sleep • Movement • Crisis plan</i>	mayoclinic.org (TMS) psychiatry.org <i>Evaluation • Therapy • Meds</i>	ivycollaborative.com — Exomind TMS Schedule your Wellness Assessment <i>Exomind TMS • Consultation</i> <i>Physician-directed care with Dr. Jocelyn Bayliss, MD</i> <i>dual board-certified psychiatrist</i>

6. Contact Ivy Collaborative Healthcare

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Complimentary Wellness Assessments available • Drug-free magnetic stimulation for depression

You do not have to keep stacking medications that are not working—another option exists.



*Exomind (BTL) is FDA-cleared for major depressive disorder. Other uses (anxious depression, cognitive fog, binge-eating patterns, menopausal mood) are considered only after physician evaluation and are not separate FDA indications. Current clinic protocol is often sessions under 30 minutes, commonly 6 treatments over 1–3 weeks, and may be individualized. TMS is not emergency care. Metallic implants near the head, seizure history, and certain implanted devices are common contraindications. Crisis support: call or text 988. Serving Augusta, Evans, Grovetown, Martinez, North Augusta, Harlem, and Richmond, Columbia, and Burke Counties.