

**Treatment for depression -**

**Transcranial Magnetic Stimulation (TMS):**

**Your views**

Transcranial magnetic stimulation (TMS) can help treat **difficult to treat depression**.

Tim Nicholls, an Implementation Lead with Cumbria, Northumbria, Tyne and Wear NHS Trust (CNTW), would like to know your views **on whether the current TMS service should be expanded** so that it is available to more people experiencing depression.

The **views of people** responding to this short survey will be **communicated to the decision-makers** in the CNTW so that they can take them into account when making their decision.

Here is some information about Transcranial magnetic stimulation (TMS).

What is Transcranial magnetic stimulation (TMS)?

TMS is a treatment for depression.

It is safe and effective, with many people who have received the treatment experiencing an improvement in their experience of depression.

It works by stimulating areas of the brain that regulate mood with magnetic pulses. This stimulation increases the activity of the brain, improving the symptoms of depression in the process. Usually TMS is delivered daily, five days per week, for four to six weeks.

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| 1.**Would you describe yourself as a:** | Please tick which applies |
| 1. person who experiences/ has experienced depression |  |
| 1. carer of someone who experiences/ has experienced depression |  |
| 1. family member of a person who experiences/ has experienced depression |  |
| 1. member of the public |  |

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| --- | --- |
| 2.**What do you think about the proposal to expand the TMS treatment service to make the treatment available to more people experiencing depression** | Please tick which applies |
| 1. I support the proposal |  |
| 1. I don’t support it |  |
| 1. I’m undecided |  |

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| If you would like to say more about TMS and the proposal, please use the space below |
|  |

Please do **not** provide your name in this document.

Thank you for your time and thoughts in completing this survey.

Please return this survey to: [tim.nicholls@cntw.nhs.nhs.uk](mailto:tim.nicholls@cntw.nhs.nhs.uk)