

OTHER RESOURCES

National Alliance on Mental Illness (NAMI): An organization that provides education, support, and advocacy for patients and families impacted by mental health problems, including difficult-to-treat depression. NAMI offers a variety of resources including support groups, educational programs, and online helpline.

Website: nami.org

Helpline: 1-800-950-NAMI (6264)

Substance Abuse and Mental Health Services

Administration (SAMHSA): A federal agency that provides information and resources on mental health, including difficult-to-treat depression.

Website: samhsa.gov

Helpline: 800-662-HELP (4357)

Suicide and Crisis Lifeline: 988



University of Maryland Medical Center

Advanced Depression Treatment (ADEPT) Center

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www.ummc-psychiatry.org/adept

Advanced Depression Treatment Center

Providing expertise and hope to individuals and families who are impacted by difficult-to-treat depression (often referred to as Treatment-Resistant Depression).





The **Advanced Depression Treatment Center** provides evidence-based personalized care for difficult-to-treat depression.

OUR MISSION

Decrease the burden caused by difficult-to-treat depression through high-quality treatment, education and research.

Treatment to help you control symptoms, improve functioning and boost quality of life

Education to provide reliable and accurate information on difficult-to-treat depression to suffering individuals, their families, doctors and therapists and the community

Research to conduct high-quality studies that allow for a better understanding and treatment of patients with difficult-to-treat depression

FACTS ABOUT DIFFICULT-TO-TREAT DEPRESSION

- Difficult-to-treat is defined as depression that has not responded well to usual treatments, leading to continued problems meeting your personal, family, or work goals
- Difficult-to-treat has substantial negative impact on a person's productivity and well-being
- Difficult-to-treat is common: Up to one third of the cases of depression do not respond well to usual treatments and are considered treatment resistant, requiring specialized care

SERVICES PROVIDED

- Comprehensive diagnostic evaluation and treatment recommendations by a depression expert
- Advanced medication management
- Access to novel, effective and safe treatments including intranasal esketamine, transcranial magnetic stimulation (TMS), and electroconvulsive therapy (ECT) delivered in both inpatient and outpatient setting
- Specialized evidence-based individual and group psychotherapy (talk therapy) focused on difficult-to-treat depression
- Educational sessions and support groups for individuals and family members impacted by difficult-to-treat depression
- Information and access to ongoing voluntary studies on difficult-to-treat depression

ELIGIBLE PATIENTS

Adults (ages 18 or older) with difficult-to-treat depression, which is defined as depression that has not responded to at least two adequate trials of antidepressants.

DID YOU KNOW?

- There are advanced treatments available for difficult-to-treat depression.
- Comprehensive treatment plans that involve medication, therapy, and lifestyle changes are most effective in managing difficult-to-treat depression.
- You will receive care that is compassionate and personalized. You will be involved in the decisions that impact you.
- Recovery from difficult-to-treat depression can be slow, but sustained efforts tend to be effective. The Advanced Depression Treatment Center can help you in this journey.



Schedule an appointment or request more information by calling **410-328-8415** or emailing **ADEPT@som.umaryland.edu**