

Innovative Treatment Option for Depression Relief Now Available in Fox Chapel

New Directions offers SPRAVATO®, FDA-approved nasal spray for treatment-resistant depression, providing fast symptom relief and improved accessibility.

PITTSBURGH, PA, UNITED STATES, May 19, 2025 /EINPresswire.com/ -- New Directions Mental Health is thrilled to announce that its [Fox Chapel](#) clinic is now offering [Spravato®](#) as part of its commitment to providing innovative and effective treatment options for mental health.

New Directions is proud to offer Spravato®, the first nasal spray approved by the FDA for treating adults with treatment resistant depression. Spravato®, also known as esketamine,

is a fast-acting treatment, with clients often feeling relief from their depression symptoms within hours. It works by rapidly altering brain chemistry to provide relief from symptoms such as sadness, hopelessness, and loss of interest in activities. Historically Spravato® has been used in conjunction with an oral antidepressant; however, new FDA approval allows use of Spravato® without a concurrent oral antidepressant. Read more about this development here:

<https://www.jnj.com/media-center/press-releases/spravato-esketamine-approved-in-the-u-s-as-the-first-and-only-monotherapy-for-adults-with-treatment-resistant-depression>. Spravato® is administered at New Directions' approved clinics under the close supervision of a healthcare professional and is now more accessible than ever.

In a short-term study, patients treated with Spravato® combined with an oral antidepressant experienced a faster and more significant reduction in depression symptoms after just 4 weeks, compared to those who received the placebo alongside an oral antidepressant (<https://www.spravato.com/how-spravato-could-help/>). This innovative treatment option has



been shown to be effective for many individuals who have not responded well to traditional antidepressant medications or talk therapy alone. Spravato® is not a cure for depression, but it can provide significant relief from symptoms and help individuals regain their quality of life.

To learn more about New Directions Mental Health and its array of mental health services including individual and group therapy, TMS therapy, medication management, and Spravato® treatment, visit <https://newdirectionspgh.com/schedule-appointment/>. To schedule a new client appointment or to discuss how mental health treatment can benefit you, a loved one, or your patients, call 724-237-8585 or visit <https://newdirectionspgh.com/schedule-appointment/>.

About New Directions Mental Health and Transformations Care Network

New Directions Mental Health is a proud member of Transformations Care Network (TCN). As a member of TCN, the New Directions team can accept more insurance plans and have access to cutting edge services and technological advancements. TCN provides the support, resources, and tools that your care team needs to transform lives in their communities. To learn more about Transformations Care Network, a family of outpatient mental health organizations, and the inspiring work they are doing to shape the future of mental health care, visit www.transformationsnetwork.com.

Erica McPeck

Transformations Care Network

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