

# Human Touch Behavioral Health Introduces Advanced TMS Services in Sacramento CA

*Outpatient transcranial magnetic stimulation is now available, offering a non invasive option within comprehensive mental health services in Sacramento CA.*

SACRAMENTO, CA, UNITED STATES, February 9, 2026 /EINPresswire.com/ -- Human Touch Behavioral Health continues to expand access to innovative outpatient mental health services with the availability of transcranial magnetic stimulation, commonly referred to as [TMS](#), at its Sacramento CA location. This service reflects the organization's ongoing commitment to offering thoughtful, non invasive options for individuals navigating [depression](#), anxiety, and other mood related challenges.

TMS is a non surgical approach that uses targeted magnetic pulses to stimulate areas of the brain associated with emotional regulation. Sessions are completed in an outpatient setting and do not require sedation or downtime, allowing individuals to resume normal activities following each visit. This makes TMS a practical option for people seeking flexibility while engaging in structured mental health care.

At Human Touch Behavioral Health, TMS is offered as part of a comprehensive range of psychiatric and behavioral health services. These services include outpatient therapy, individual counseling, and medication management, including support tailored to older adults. The clinic also provides care for trauma related concerns, obsessive compulsive symptoms, anxiety conditions, and mood disorders, ensuring continuity across different levels of support.

The Sacramento CA clinic is designed to provide a calm and respectful environment where individuals feel supported throughout their care experience. Human Touch Behavioral Health emphasizes collaboration, clear communication, and consistency, allowing individuals to make informed decisions while exploring available mental health services.

By incorporating TMS into its outpatient offerings, Human Touch Behavioral Health reinforces its dedication to modern, patient centered care. The [team](#) remains focused on meeting the evolving needs of the Sacramento community while maintaining high standards of professionalism and compassion.

Individuals interested in learning more about TMS or other available mental health services are encouraged to contact Human Touch Behavioral Health to schedule an appointment or visit the

website to learn more.

Front Desk

Human Touch Behavioral Health

+1 (916) 359-2950

[email us here](#)

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