

Spravato® Treatment

Advanced Care for Treatment-Resistant Depression

For some people, depression doesn't respond to traditional medications alone. If you've tried multiple antidepressants without meaningful relief, Spravato® (esketamine) may offer a new path forward. At H3, we provide this treatment in a calm, supportive environment designed to help you feel safe, grounded, and cared for throughout the entire experience.

What Spravato Is

Spravato is an FDA-approved nasal spray used for specific forms of severe depression. Unlike traditional antidepressants, it works on the brain's **glutamate system**, which may help create new pathways for mood regulation and emotional healing.

Spravato is offered **only in REMS-certified clinics** like H3 because it requires on-site monitoring and specialized care.

Who Spravato Helps

Spravato may be an option for adults who:

- Have **treatment-resistant depression (TRD)**, meaning they've tried at least two antidepressants without adequate improvement
- Are experiencing **major depressive disorder with acute suicidal ideation or behavior**, and need rapid symptom relief alongside an oral antidepressant

Your provider will help determine whether Spravato fits your needs and overall treatment plan.

What to Expect During Treatment

Spravato sessions take place in our dedicated treatment rooms, designed to feel peaceful and private. Each visit includes:

- A gentle check-in and vital signs
- Guided intranasal administration of the medication
- A **two-hour monitoring period** with supportive staff present throughout
- Comfortable seating, blankets, headphones, and grounding tools
- A final safety check before you leave with your arranged ride

Many clients describe their sessions as reflective, calming, and different from any other mental health treatment they've experienced.

Safety & Monitoring

Because Spravato can cause temporary **sedation, dissociation, changes in blood pressure, or slowed breathing**, the FDA requires:

- Administration **only** in a certified healthcare setting
- **Direct supervision** by trained medical staff
- **Continuous monitoring** for at least two hours
- Blood pressure checks before and after treatment

These safeguards are part of the **Spravato REMS program**, created to ensure your safety every step of the way.

How Spravato Fits Into Your Care at H3

Spravato is most effective when it's part of a broader, collaborative wellness plan. At H3, your psychiatric provider, therapist, and wellness team work together to support your mind, body, and spirit throughout treatment.

We believe healing happens in community — and you won't walk this path alone.

Is Spravato Right for You?

If you're curious about whether Spravato could help you, our team is here to guide you through the process with compassion and clarity. We'll answer your questions, review your history, and help you explore all available options.