

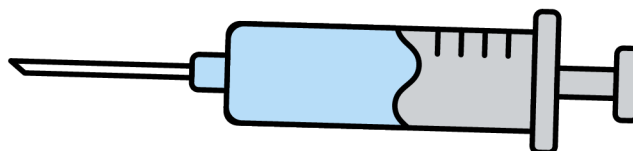
WHEN NOTHING ELSE HAS WORKED: CONSIDERING KETAMINE TREATMENT FOR MENTAL HEALTH



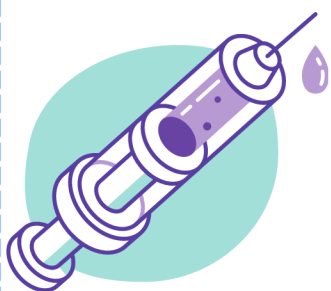
You might be here because you've tried a lot of things already. Therapy. Meds. Lifestyle changes. Coping tools. And still, something doesn't feel better.

This handout is for people who feel like they've done the work, but nothing has made a meaningful dent. It's not here to promise a miracle or sell hope. It's just here to explain what ketamine treatment is, why some people choose it, and what to expect if you're curious to learn more.

WHAT IS KETAMINE TREATMENT?



Ketamine is a fast-acting medicine originally used as an anesthetic. Today, it's being used for mental health symptoms that haven't responded to traditional approaches, including:



- Treatment-resistant depression
- Suicidal thoughts
- PTSD or trauma-related symptoms
- Severe anxiety
- Emotional numbness or chronic disconnection

Unlike many antidepressants, which can take weeks or months to start working, ketamine may offer noticeable shifts within hours or days. For some, it opens up enough space internally to re-engage in therapy or daily life. For others, it helps reduce symptoms that felt immovable.

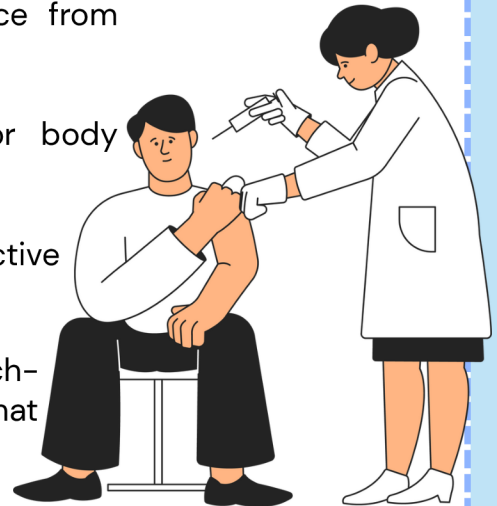


WHY DO PEOPLE TRY IT?

Because when someone has already tried talk therapy, medications, or lifestyle changes without relief, a different approach may be needed. Ketamine can:

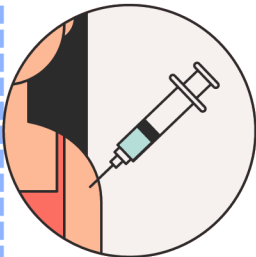
- Disrupt negative thought loops
- Soften patterns of rumination or despair
- Create a sense of perspective or distance from painful thoughts
- Help people reconnect with emotions or body awareness
- Make therapy feel more accessible or productive

It's not a magic fix. But for some, it creates a much-needed pause in the usual mental noise, and that pause can lead to something useful.



WHAT DOES TREATMENT LOOK LIKE?

Ketamine is typically given in a clinic setting, through either:



- Intramuscular injection (IM ketamine): Effects last about 40–90 minutes
- Nasal spray (Spravato): FDA-approved for depression, usually given 2x/week at first



During the experience, people may feel mentally distant or dissociated, emotionally open, or deep in thought. Some describe it like dreaming while awake or having a shift in perspective.

After the session, most people spend time resting or journaling. Some benefit most from combining ketamine with therapy, especially in the hours or days after a session.

IS IT RIGHT FOR EVERYONE?

No. It's not recommended for people with certain medical conditions, unmanaged substance use, or a history of psychosis. It also isn't meant to replace long-term support or mental health care.

A consultation with a qualified provider can help assess whether it's a safe and appropriate option. Ketamine works best when part of a larger care plan.



WHAT IF I'M JUST CURIOUS?



You don't have to be certain. You don't have to decide anything today. But if nothing else has worked and you're wondering what else is out there, this might be something to look into.

You deserve care that meets you where you are — even if that place is tired, skeptical, or unsure.

WANT TO LEARN MORE?

Reach out to a qualified provider for an assessment and a no-pressure conversation about whether ketamine treatment may be a good fit.

