

Depression is
different from sadness.

Depression is a
real disease.

For some people, medications are an effective treatment. But for others, depression remains a challenge.

Electroconvulsive Therapy (ECT) is a treatment for people with severe or recurrent depression. ECT can be very effective—and it is very low risk.

At the UR Medicine Electroconvulsive Therapy Clinic, we provide ECT in an atmosphere that is comfortable, safe and compassionate.



Contact Us.

Would you like more information about our ECT services? Please contact us by calling our clinic. We look forward to answering your questions and helping you find the most effective treatment for depression.

300 Crittenden Blvd.
Unit 3-9200, Room 3.9259
Rochester, NY 14642

Phone (585) 275-5517
Fax (585) 273-3106



Electroconvulsive Therapy
Treating depression
with expertise and
compassion.



What makes our clinic different.

We take great pride in our program. Our goal is to make ECT effective, while helping you to feel cared for and understood.

- Our clinic provides a private, safe environment for patients and their families.
- We are highly experienced in ECT.
- Our nursing team is dedicated, supportive and knowledgeable.
- We make ECT comfortable with a brief period of anesthesia.

Getting started with us.

To become a patient at our clinic, your psychiatrist will need to provide a referral. You will then be scheduled for a consultation with one of the ECT clinic psychiatrists.

Once ECT is recommended, an ECT clinic nurse will contact you to set up your first appointment. Your nurse will also help the doctors coordinate your ECT treatment plan.

Your evaluation and treatments will be done by our psychiatrists. An anesthesiology team will assist our psychiatrist in providing safe, comfortable and effective treatments. ECT treatments are offered Monday, Wednesday and Friday mornings.

Keeping ECT safe and private.

Your safety is our top priority. Prior to your first treatment, you will have a physical with our nurse practitioner. We will also obtain lab work and an EKG.

You must have a designated support person who can bring you to your treatments. He or she must also stay with you for two hours after discharge. Your support person is welcome to stay in our dedicated waiting room.

To maintain confidentiality, cell phones, cameras and recording devices are not allowed on the unit.

Treatment day: what it's like.

Here are some things to know about your day of treatment:

- Our nurses will give you a short assessment and take your blood pressure.
- You will be given an anesthesia through an IV that will cause you to fall asleep during the procedure.
- We will keep you safe by monitoring your vital signs.
- An EEG will be used to monitor your brain's electrical activity during your treatment.
- After your treatment, you will be in the recovery area for about an hour.



Our mission is to provide quality care for our patients and their families. We are committed to service excellence and to providing the very latest, research-based care.