

ABOUT FLOW

What it is

Flow is an at home depression treatment that involves a tDCS headset and behavioural therapy app programme. Flow treatment targets various root causes of depression.

How it works

tDCS (transcranial direct current stimulation) is a pain-free and non-invasive brain stimulation technique. It targets the Dorsolateral Prefrontal Cortex (DLPFC), which has been shown to be less active when depressed. The Flow headset delivers gentle electrical currents to increase activity in this area, and therefore reduce depressive symptoms.



WHAT YOU NEED TO KNOW ABOUT FLOW



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A non-invasive, at-home
treatment for depression

Evidence and Our
Services

THE EVIDENCE

Flow now has over 30,000 users in Europe alone.

In a 2023 study by Flow, they gathered data from 7,500 real-world users.

It was found that Flow outperformed existing treatments, producing high remission and response rates. *See graph below.*

This is particularly impressive as Flow's user base is mainly patients that resistant to other treatments - meaning you would expect to see lower remission and response rates. However, the opposite is true!

FLOW	OTHER TREATMENTS
No major side effects, or withdrawals	61% experience at least 10 adverse side effects from medication
Easily accessible, at-home solution	50% have severe withdrawal symptoms from medication
Improvements seen in 3 weeks	Talking therapies, and other treatments can be inaccessible due to long-term cost
Takes a holistic approach, combining behavioural therapy & tDCS	Medication takes 4-8 weeks to start working fully
No long wait times – you can start whenever you decide!	People are waiting nearly 2 years for Mental Health care on the NHS, with 1.6 million on the waiting list

FLOW AT PHOENIX

Did you know?

As many as 75% of patients want drug-free depression treatment due to lack of efficacy or issues with medication side effects.

If this sounds like you, then Flow may be the answer you have been searching for.

The Flow Support Package at Phoenix

When using Flow, expert guidance and support from clinicians and therapists can be extremely beneficial. At Phoenix, we offer several packages to support your journey with Flow. Monthly payment options are also available.

We are able to offer patients a discount code for purchasing a headset, when they choose a Phoenix support package.

Please see our website for more details on the Flow support packages and benefits of our services:

<https://phoenix-mhs.com/transcranial-direct-current-stimulation/>

41%



Flow
Real-World Users¹¹
n = ~ 7,000

% of patients in remission

28%



Antidepressants
Real-World Study
(SSRIs)¹²
n = 2,875

18%



Talk Therapy
Real-World Study¹³
n = 435