Moment of Clarity Releases New Resource Detailing Common Side Effects and Safety of TMS Therapy

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CORONA, CA - November 14, 2025 -
Moment of Clarity has released a new educational resource titled "What Are the TMS Therapy Side Effects?" that provides an evidence-based look at the safety, tolerability, and efficacy of transcranial magnetic stimulation (TMS) for mental health treatment. The publication, available on the Moment of Clarity, aims to help patients and families better understand how TMS works, what side effects may occur, and how it fits within modern outpatient mental health programs.

According to the National Institute of Mental Health (NIMH), approximately one in five adults in the United States experiences a mental illness each year, with many not responding to traditional treatments like medication or talk therapy alone. TMS therapy has become a growing option for people with depression, anxiety, post-traumatic stress disorder (PTSD), and other treatment-resistant conditions. The new resource outlines research findings showing that TMS is both practical and low-risk when administered under clinical supervision.

Clinical studies published in The Journal of Clinical Psychiatry report that fewer than 5% of TMS patients discontinue treatment due to side effects, which are typically mild and temporary?most commonly mild scalp discomfort or headache during the first few sessions. The resource emphasizes that serious complications are rare, making TMS one of the safest FDA-approved noninvasive therapies for mood and trauma-related disorders.

Moment of Clarity incorporates TMS therapy into its continuum of care, which includes trauma treatment, cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and medication management. These therapies are offered in outpatient and intensive outpatient program (IOP) settings, allowing patients to receive structured support without the need for hospitalization. This integrated model reflects recommendations from the Substance Abuse and Mental Health Services Administration (SAMHSA), which advocates for combining medical and psychotherapeutic approaches to improve long-term outcomes.

The publication also notes how TMS therapy is being adapted to support specialized populations, including veterans, active-duty military personnel, and members of the LGBTQ+ community. Research published by the U.S. Department of Veterans Affairs has demonstrated that veterans receiving TMS for depression and PTSD experience significant symptom reduction compared to those receiving medication alone. Likewise, the American Psychological Association (APA) has recognized that affirming, inclusive mental health care?such as that offered in LGBTQ+-supportive environments?contributes to greater engagement and improved treatment outcomes.

For patients across Corona and its surrounding neighborhoods, including La Sierra Acres, Eastvale South, Prado View, Eagle Glen, and Chase Ranch, access to flexible and inclusive mental health programs remains essential. Many people in these areas seek outpatient care that accommodates family and work responsibilities while addressing complex emotional or psychological conditions. The resource highlights how outpatient TMS therapy allows patients to maintain daily routines while receiving evidence-based mental health treatment, including trauma therapy and medication management.

Moment of Clarity?s outpatient mental health clinic model includes options for military mental health treatment and veterans' mental health programs that focus on trauma recovery, reintegration stress, and emotional resilience. Studies from the Military Medicine Journal indicate that noninvasive treatments such as TMS can help restore healthy neural activity patterns in veterans with PTSD, leading to measurable improvements in sleep, concentration, and mood stability. The resource emphasizes that these programs are designed to ensure comfort, confidentiality, and clinical oversight at every step of treatment.

The article also reinforces the importance of patient education and clinical transparency. By explaining the potential side effects of TMS therapy, the publication helps people make informed decisions about their mental health care. SAMHSA data shows that patients who understand their treatment process are more likely to adhere to therapy and complete full courses of care?an essential factor in achieving lasting improvement.

For patients in Eagle Glen or La Sierra Acres searching for ?military mental health treatment,? ?veterans mental health program,? or ?LGBTQ+ affirming mental health care,? the new resource provides verified information on treatment safety, clinical outcomes, and accessibility. The publication also highlights how the outpatient and IOP formats enable patients to engage in therapy while continuing their work or education, a flexibility increasingly supported by modern behavioral health systems.

By publishing "What Are the TMS Therapy Side Effects?", Moment of Clarity continues to expand public awareness of the science behind modern mental health treatment. The article reflects the organization?s commitment to providing research-based education that supports informed treatment decisions for patients

and families.

Patients and families in Corona, La Sierra Acres, Eastvale South, Prado View, Eagle Glen, and Chase Ranch can visit the Moment of Clarity Corona location page for additional information about available mental health services. Through its outpatient programs, TMS therapy, and affirming clinical approach, Moment of Clarity continues to support access to evidence-based, inclusive mental health care across Southern California.

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Moment of Clarity Corona

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