



Electroconvulsive Therapy (ECT)

Mental Health services available to your patients virtually.

Penn Highlands Behavioral Health Services

What is Electroconvulsive Therapy (ECT)?

ECT is a safe, proven treatment for serious mental health conditions, such as severe depression. During the procedure, the patient is asleep under anesthesia and feels nothing. A doctor sends a small, controlled electric current through the brain, causing a short, safe seizure. Over a series of treatments, this can ease symptoms and help the brain return to normal activity.

When is ECT used?

ECT is usually not the first treatment a person tries. It is most often used when symptoms have not improved with medication or talk therapy, or when a person cannot take certain medications. Because ECT often works faster than medication, it can also be a good option when someone needs relief quickly, including people at risk of suicide or serious harm. ECT is used for severe depression, bipolar disorder, catatonia, and sometimes schizophrenia.

How effective is ECT?

ECT is one of the most effective treatments available for severe depression. Many people improve, often quickly, and some find relief when other treatments have not helped. Results vary from person to person, so your care team will talk with you about what to expect.

BEHAVIORAL HEALTH INPATIENT ADULT UNIT

1163 Country Club Road
Monongahela, PA

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Have questions about ECT?

**Talk with your doctor or
our Behavioral Health team
to find out if ECT is right
for you or someone you
love.**

**Call 724-258-1000
or email us at
ECT@phhealthcare.org.
to learn more.**

