

What is Flow?

Flow is a depression treatment that uses a tDCS headset and an in-app behavioural therapy programme.



When we have depression, certain parts of our brain may not be as active as they should be. This can make us feel sad most of the time, lose interest in things we used to enjoy, feel tired, have trouble focusing and notice changes in our appetite and sleeping pattern.

The Flow headset uses a gentle electrical current to restore brain activity and reduce depressive symptoms. This technology is called transcranial Direct Current Stimulation (tDCS).

It only takes 30 minutes

Each session, also called stimulation, with the headset takes only 30 minutes. You can easily fit these sessions into your day and use the headset while watching TV, reading or answering emails. It's a great time to do the behavioural therapy courses in the app.



Activation phase:

5x a week for
the first 3 weeks



Strengthening phase:

3x a week after that
for 6 to 12 months

(duration of usage should be
discussed with your doctor)



58% in remission
(not clinically depressed)
within 10 weeks



No serious
side effects



Used by 5 NHS
services across UK

You should always consult a healthcare professional before making any changes to your depression treatment.

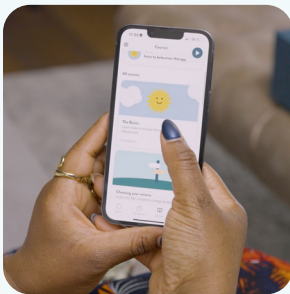
Start to feel better in 3 weeks

Flow has been shown to deliver fast and effective relief of depressive symptoms, including improved mood, sleep and focus.



Is Flow for me?

- Flow is a treatment for depression. If you have been diagnosed with depression by your doctor, Flow could be right for you.
- Flow can be combined with antidepressants or talking therapy, or used as a stand-alone depression treatment.
- Flow is designed for ease of use. You can set it up using your smartphone and can complete the treatment at home.



1. Download the app

The Flow app is free and includes hours of optional behavioral therapy courses from licensed psychologists.



2. Connect your headset

Follow the easy in-app instructions to connect your smartphone to the headset via Bluetooth.



3. Start stimulating

Each session is just 30 minutes long. Most users experience an improvement within three weeks.



For more information, including safety precautions and potential side effects, please visit www.flowneuroscience.com

Any questions? Contact support@flowneuroscience.com

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