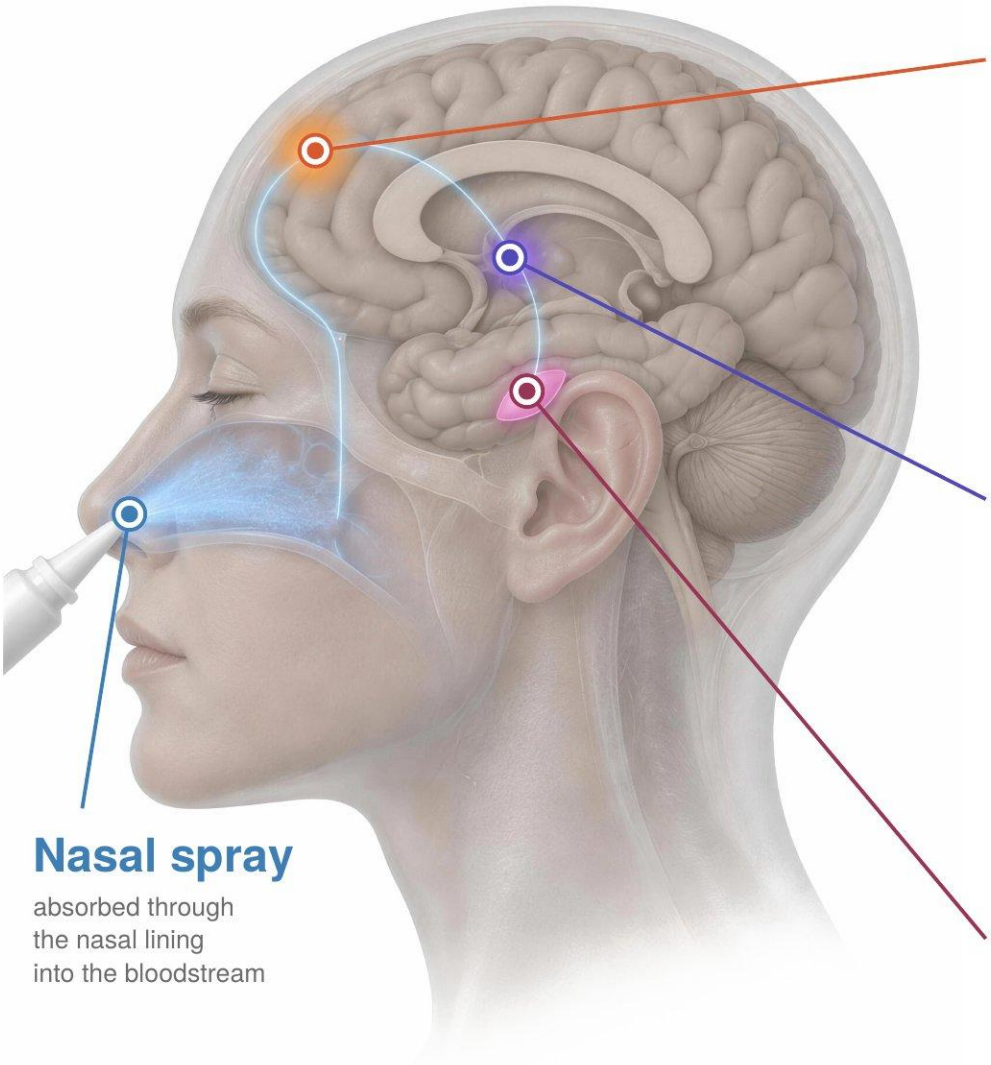
How Spravato reaches the mood circuit

the frontolimbic circuit in depression



Control center

prefrontal cortex
underactive in depression
where new connections rebuild

Mood center

sgACC
subgenual anterior cingulate cortex
deep · overactive in depression

Nasal spray

absorbed through
the nasal lining
into the bloodstream

Alarm center

amygdala
fear and threat response
settles as the mood center calms

Absorbed into the bloodstream, it reaches the whole brain.

The effect shows up in the brain's mood circuit.

Absorbed
within minutes

Each session
2 hours in office

Starting course
twice weekly, first 4 weeks

HARBORS NORTH
Advanced Depression Treatment

Petoskey, Michigan · harborsnorth.com

© 2026 Harbors North LLC