

# LOW-INCOME MENTAL HEALTH SERVICES BY CITY

## ALBANY, NY

### Capital Counseling

[capitalcounseling.org](http://capitalcounseling.org) ›

518.462.6531

- Insurance not required, but most are accepted
- Free based on financial need

## ATLANTA, GA

### The Link

[thelink.org](http://thelink.org) ›

- Insurance not required
- Free

## AUSTIN, TX

### Capital Area Counseling

[cacaustin.org](http://cacaustin.org) ›

- Insurance not required
- \$10-\$55 per session, based on need and family size

### Alive Austin

[aliveaustin.com](http://aliveaustin.com) ›

- Insurance not required, but some are accepted
- Sliding cost scale based on financial need
- Free consultation

## BOISE, ID

### Strive Counseling

[strivecounseling.com](http://strivecounseling.com) ›

- Insurance not required, but some are accepted
- Sliding cost scale based on financial need

## BOISE, ID (CONT.)

### Center for Behavioral Health

[centerforbehavioralhealth.com](http://centerforbehavioralhealth.com) ›

- Insurance not required
- \$50 per individual session, \$30 per group session

## BOSTON, MA

### Community Legal Services and Counseling Center

[clsacc.org](http://clsacc.org) ›

- Insurance not required
- \$6-\$60 per session based on financial need

## BROOKLYN, NY

### The Gestalt Center

[gestaltnyc.org](http://gestaltnyc.org) ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

### IHI Therapy Center

[ihitherapy.org](http://ihitherapy.org) ›

- LGBTQ community specific
- Insurance not required, but some are accepted
- Sliding cost scale based on financial need

### Metropolitan Center for Mental Health

[metropolitancenter.org](http://metropolitancenter.org) ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

## BUFFALO, NY

### Greater Buffalo Counseling Center

[greaterbuffalocounseling.com](http://greaterbuffalocounseling.com) ›

- Insurance not required
- Free or low cost

## CAMBRIDGE, MA

### Thrive Boston, Cambridge Counseling

[thriveboston.com](http://thriveboston.com) ›

- Insurance not required but most are accepted
- Low cost

## CHICAGO, IL

### The Family Institute at Northwestern University

[family-institute.org](http://family-institute.org) ›

- Insurance not required
- Average \$12 per session, sliding scale

### Community Counseling Centers of Chicago

[c4chicago.org](http://c4chicago.org) ›

## CINCINNATI, OH

### Catholic Charities of Southwestern Ohio

[ccswoh.org](http://ccswoh.org) ›

- Insurance not required, but most are accepted
- Sliding scale fee per session

### Mental Health America

[mhankyswoh.org](http://mhankyswoh.org) ›

- Insurance not required
- Free

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Contact Punk Talks at [info@punktalks.org](mailto:info@punktalks.org) with any questions or comments.

## COLUMBUS, OH

### Mental Health America of Franklin County

[mhafc.org](http://mhafc.org) ›

- Insurance not required
- Free

## CLEVELAND, OH

### Circle Health Services

[circlehealthservices.org](http://circlehealthservices.org) ›

- Insurance not required
- Free

## DALLAS, TX

### University of North Texas at Dallas

[untdallas.edu/ccs](http://untdallas.edu/ccs) ›

972.780.3646

- Insurance not required
- Free

### CCD Counseling

[ccdounseling.com](http://ccdounseling.com) ›

- Insurance not required, but most are accepted
- Sliding scale fee per session

## DAYTON, OH

### JRK Services LLC — Jacob Keller

[openpathcollective.org/clinicians/jacob-keller](http://openpathcollective.org/clinicians/jacob-keller) ›

- \$30-50 per session through Open Path Collective

### Mental Health America of Franklin County

[mhafc.org](http://mhafc.org) ›

- Insurance not required

## DENVER, CO

### People House

[peoplehouse.org](http://peoplehouse.org) ›

303.480.5130

- Insurance not required
- Sliding scale fee per session

## DES MOINES, IA

### Des Moines Pastoral Counseling Center

[dmpcc.org](http://dmpcc.org) ›

- Sliding scale fee per session

## DETROIT, MI

### Detroit Wayne Mental Health Authority

[dwmha.com](http://dwmha.com) ›

313.344.9009 x3216

- Insurance not required

### Mental Health Association in Michigan

[mha-mi.com](http://mha-mi.com) ›

- Insurance not required
- Free

### Jewish Family Service of Metro Detroit

[jfsdetroit.org](http://jfsdetroit.org) ›

248.592.2313

- Sliding scale fee per session for those eligible

## GAINESVILLE, FL

### University of Florida

[equalaccess.med.ufl.edu](http://equalaccess.med.ufl.edu) ›

- Insurance not required
- Free

## GRAND RAPIDS, MI

### Mental Health Association in Michigan

[mha-mi.com](http://mha-mi.com) ›

- Insurance not required
- Free

## GRAND RAPIDS, MI (CONT.)

### Network180

[network180.org](http://network180.org) ›

616.336.3909

- Insurance not required
- Free

## HOUSTON, TX

### Catholic Charities

[catholiccharities.org](http://catholiccharities.org) ›

713.874.6602

- Insurance not required, but some are accepted
- Sliding scale fee per session

### Family Houston

[familyhouston.org](http://familyhouston.org) ›

713.861.4849

- Insurance not required, but some are accepted
- Sliding scale fee per session

## INDIANAPOLIS, IN

### Northstar Psychological & Consultation Services — Dr. Grant

[northstarpsych.com](http://northstarpsych.com) ›

317.572.7847

- \$35 sessions for those with high insurance deductibles

## IOWA CITY, IA

### Free Mental Health Clinic

[freementalhealthclinic@gmail.com](mailto:freementalhealthclinic@gmail.com) ›

816.777.2722

- Insurance not required, but most are accepted
- Free

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## KANSAS CITY, MO

### **Kansas City Care Clinic**

[kccare.org](http://kccare.org) ›

816.777.2722

- Insurance not required, but most are accepted
- Free (proof of income and residency required)

### **First Call KC (Addiction & Recovery Support)**

[firstcallkc.org](http://firstcallkc.org) ›

### **Swope Health Services**

[swopehealth.org](http://swopehealth.org) ›

## KNOXVILLE, TN

### **Cherokee Health Systems**

[cherokeehealth.com](http://cherokeehealth.com) ›

866.231.4477

- Insurance not required, but most are accepted
- Sliding scale fee per session

## LAS VEGAS, NV

### **Community Counseling Center of Southern Nevada**

[cccfsn.org](http://cccfsn.org) ›

702.369.8700

## LOS ANGELES, CA

### **Wright Institute Los Angeles**

[wila.org](http://wila.org) ›

424.371.5191

- Insurance not required
- Sliding scale based on financial need

### **Musicares**

[grammy.com/musicares](http://grammy.com/musicares) ›

800.687.4227

## LOUISVILLE, KY

### **Mental Health America of KY**

[freementalhealthclinic.org](http://freementalhealthclinic.org) ›

859.684.7778

- Insurance not required
- Free

## MADISON, WI

### **Catholic Charities of Madison**

[ccmadison.org](http://ccmadison.org) ›

- Sliding scale fee per session

## MINNEAPOLIS, MN

### **Catherine Cronemeyer**

[catherinecronemeyer.com](http://catherinecronemeyer.com) ›

816.777.2722

### **Walk-In Counseling Center**

[walkin.org](http://walkin.org) ›

612.870.0565

- Free

## NASHVILLE, TN

### **Centerstone**

[centerstone.org](http://centerstone.org) ›

- Insurance not required
- Free

### **Musicares**

[grammy.com/musicares](http://grammy.com/musicares) ›

877.626.2748

## NEW YORK CITY, NY

### **Metropolitan Center for Mental Health**

[metropolitancenter.org](http://metropolitancenter.org) ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

### **The Gestalt Center**

[gestaltnyc.org](http://gestaltnyc.org) ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

## NEW YORK CITY, NY (CONT.)

### **IHI Therapy Center**

[ihitherapy.org](http://ihitherapy.org) ›

- LGBTQ community specific
- Insurance not required, but some are accepted
- Sliding cost scale based on financial need

### **Musicares**

[grammy.com/musicares](http://grammy.com/musicares) ›

877.303.6962

## OMAHA, NE

### **Community Counseling Clinic, University of Nebraska, Omaha**

[wrt.lv/UNOmaha](http://wrt.lv/UNOmaha) ›

402.554.2727

- Low- to no-cost counseling services or a sliding scale fee

## PEORIA, IL

### **Compass Counselors LTD — John Freshour**

[openpathcollective.org/clinicians/john-freshour](http://openpathcollective.org/clinicians/john-freshour) ›

- \$30-50 per session through Open Path Collective

## PHILADELPHIA, PA

### **Therapy Center of Philadelphia**

[therapycenterofphila.org](http://therapycenterofphila.org) ›

- Insurance not required, but AETNA accepted
- \$30-\$120 for individual and couples therapy, \$20-\$70 for group therapy

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## PHILADELPHIA, PA (CONT.)

### The Center for Growth

[therapyinphiladelphia.org](http://therapyinphiladelphia.org) ›

215.922.5683

- Insurance not required, but most are accepted
- \$35-\$200 individual therapy, \$10 group therapy

## RENO, NV

### Family Counseling and Payee Services

[fcsnv.org](http://fcsnv.org) ›

- Insurance not required, but most are accepted
- Sliding scale fee per session

## RICHMOND, VA

### Daily Planet Health Services

[dailyplanetva.org](http://dailyplanetva.org) ›

804.783.2505

## SAN DIEGO, CA

### Center for Mindful Relationships

[firstave.net](http://firstave.net) ›

619.685.0041

- Insurance not required
- Sliding scale fee per session

### UCSD Student-Run Free Clinic Project

[meded.ucsd.edu/freeclinic/services.php](http://meded.ucsd.edu/freeclinic/services.php) ›

858.534.6110

- Insurance not required
- Free

## SAN FRANCISCO, CA

### Bay Area Community Counseling

[sf-bacc.org](http://sf-bacc.org) ›

415.488.6122

- Insurance not required
- Sliding scale fee per session

## SEATTLE, WA

### Capitol Hill Counseling

[capitolhillcounseling.com](http://capitolhillcounseling.com) ›

206.617.2338

- Insurance not required
- Sliding scale fee per session

## SIOUX FALLS, SD

### Sioux Falls Psychological Services

[sfpsychological.org](http://sfpsychological.org) ›

## ST. LOUIS, MO

### Avenues Counseling

[avenuescounselingcenter.org](http://avenuescounselingcenter.org) ›

- Reduced cost based on financial need
- \$40 per session for students, \$60 per session for military

### Melody Lee Therapy & Assessments, LLC

[openpathcollective.org/clinicians/melody-lee](http://openpathcollective.org/clinicians/melody-lee) ›

- \$30-50 per session through Open Path Collective

## WASHINGTON, DC

### District Therapy

[districttherapy.com](http://districttherapy.com) ›

202.345.0100

- Insurance not required, but some are accepted
- Sliding cost scale
- Pro bono for military and former foster care