

LOW COST REFERRAL OPTIONS IN ST. LOUIS

(All free or sliding scale)

St. Louis County residents:

If you are 19 years or younger, you can receive free counseling, evaluation and psychiatric services from St. Louis Counseling, Jewish Family and Children's Services, Lutheran Family and Children's Services, Safe Connections and Provident Behavioral Health.

Community Psychological Services (CPS) ☀️ 🌙 (314) 516-5824
232 Stadler Hall, UMSL umsl.edu/services/cps

- Sliding scale fee: student max \$25 but usually less, rare cases to \$0/community \$16-\$125
- Clinicians are often doctoral students in the clinical psychology program at UMSL
- Often waitlist (recently 2 months), individual therapy only, no acute clients
- Rolling admission DBT group, must be in individual therapy, ext.8390 for group intake

***Jewish Family and Children's Services** ❤️ 🌿 🌙 (314) 993-1000
10950 Schuetz Rd (near Lindbergh Blvd) jfcs-stl.org

- Sliding scale fee: very low-\$110 & most insurances (no Medicaid)
- Some clinicians offer individual DBT and EMDR treatment. No primary eating or substance disorders.
- Other services: Mental health case management, financial assistance, pantry

***Walter's Walk** ❤️ 🌿 ☀️ 🌙 (314) 731-2433
737 Dunn Rd., Hazelwood walterswalk.com

- Sliding scale fee: \$0 and up & most insurances (no one turned away for inability to pay)
- Offers holistic services: Massage, Yoga, Tai Chi, Reiki and essential oil workshops
- Clinician specialties: many EMDR trained, individual DBT, personality disorders, substance & eating disorders, developmental disabilities (one clinician), generalists.

***St. Louis Counseling** ❤️ 🌿 ☀️ 🌙 (314) 544-3800
(formerly Catholic Family Services) saintlouis-counseling.org
5 St. Louis locations (St. Louis, Florissant, West County, Bellefontaine, Herculaneum)

- Sliding scale fee: \$20-30 & most insurances (no Medicaid)
- Appointment within 2 weeks
- Generalist practitioners – no eating or substance disorders or severe mental illness, Veteran counseling, Trauma Informed-CBT, Parent skills group
- Waitlist for one psychiatrist - Self-pay or through insurance (no Medicaid). No adult ADHD meds.
- Interpreters hired as needed

Provident Behavioral Health ❤️ 🌿 🌙 (314) 533-8200
3 St. Louis locations (Downtown, Maryland Heights, South County) Life crisis: (314) 647-4357
providentstl.org

- Sliding scale fee: \$30 and up & most insurances, Medicaid but no MO Healthnet over age 20
- Most issues treated, trauma therapists, survivors of suicide group, male perpetrators DV group

❤️ Relationship Counseling 🌿 Family Counseling ☀️ Group Therapy/Support Groups

🌙 Evening or weekend hours * Psychiatrist available

Safe Connections ☀️🌙
2165 Hampton Ave.

(314) 646-7500 (intake x118)
Immediate safety concerns: (314) 531-2003
safeconnections.org

- Free services for all genders ages 12+ who have experienced relationship violence, sexual assault or abuse, sex trafficking.
- Often have a waitlist for services (currently 7-8 months)
- Extensive groups program – full protocol DBT, trauma and healthy relationships, art therapy, etc.
- Some clinicians bilingual in Spanish/1 Interpreter American Sign Language

Center for Trauma Recovery
UMSL South Campus

(314) 516-6737
umsl.edu/psychology/ctr

- Free Services
- Short term Cognitive-behavioral approach (CPT) for the treatment of trauma

Avenues Counseling ❤️🌱☀️🌙
1612 S. Big Bend Blvd.

(314) 529-1391
avenuescounselingcenter.org

- Sliding scale fee: \$5 and up; groups \$30-40
- Generalist practitioners

Lutheran Family and Children's Services ❤️🌱
15 St. Louis locations (City – incl. Florissant & Normandy, County)

(314) 787-5100
lfcsmo.org

- Sliding scale fee: \$40 and up & most insurances
- Has limited free counseling during the school year with masters-level student interns.

Care and Counseling ❤️🌱🌙
4 St. Louis locations (Creve Coeur, CWE, Tower Grv & Webster Grvs)

(314) 878-4340
careandcounseling.org

- Sliding scale fee: \$60 and up (lower under special circumstances when apply for client assistance fund) & most insurances
- Have one psychiatrist on site but is independent practice
- Can provide Christian Counseling, EMDR providers

***Amanda Luckett Murphy (ALM) Hopewell Center** ❤️🌱☀️
909 14th Street

(314) 531-1770
Crisis walk in/phone 8:30 – 5:00 PM
hopewellcenter.com

- Sliding fee scale & most insurance
- Serves city according to zip code, generally north part of city
- Generally takes at least 2 months to get an appt. for counseling or psychiatric services
- Other services: case management, transportation, dental services, mental health court advocacy

Psychoanalytic Institute (Herbert S. Schiele Clinic)
8820 Ladue Rd., 3rd Floor

(314) 361-7075 ext. 444
stlpi.org

- Fee based on client's ability to pay
- Psychoanalytic or psychotherapy approach

❤️ Relationship Counseling 🌱 Family Counseling ☀️ Group Therapy/Support Groups

🌙 Evening or weekend hours * Psychiatrist available

***The Center for Mindfulness & CBT** ☀️🌙
10845 Olive Blvd., Suite 150

(314) 561-9757
mindfulstl.com

- Sliding scale fee: Clinical interns \$10-50; Licensed clinicians \$60-120
- Group sliding scale as low as \$5 in some cases (BFRB, self-acceptance, chronic pain)
- Free online seminars and support groups/communities
- Clinicians focus on Social Anxiety, OCD, Body-Focused Repetitive Behaviors, disordered eating

Mercy Professional Services ❤️🌱
1015 S. Compton Ave.

(314) 977-1240
mercyprofessional.org

- Sliding scale fee: \$1 and up
- Clinicians are masters-level clinical social workers and recent graduates
- Generalists: anxiety, depression
- Interpreters hired as needed

Agape Christian Counseling ❤️🌱🌙
4 St. Louis Locations
(Hazelwood, West County, South County, Olivette)

(314) 994-9344
agapechristiancounselingservices.org

- Sliding Scale: \$0-150 (low end fees are for clinicians in masters-level programs)
- Clinicians are independent contractors who have different specialties: 3 EMDR trained and other trauma therapies, most issues treated, generalists

Washington University Psychological Service Center 🌙
7 N. Jackson

(314) 935-6555
psychnet.wustl.edu/psc

- Sliding scale fee: \$15-\$40
- Clinicians are doctoral students in the clinical psychology at Wash U.

SLU Center for Counseling and Family Therapy ❤️🌱🌙
3700 Lindell Blvd. (Morrissey Hall, Suite 1100)

(314) 977-2505

- Sliding scale fee: 1st session \$10, next \$10 and up for individual, \$5 and up for relationship (no one turned away for inability to pay)
- Clinicians are doctoral and masters-level students in the Medical Family Therapy Program at SLU

SLU Psychological Services Center
3700 Lindell Blvd. (Morrissey Hall, Suite 1200)

(314) 977-2278
slu.edu/arts-and-sciences/
psychology/center-clinics/index.php-

- Sliding scale fees: \$10-\$65
- Clinicians are doctoral students in clinical psychology at SLU

Counseling and Social Advocacy Center ❤️🌱☀️🌙
UMSL South Campus

(314) 516-4613
http://csac.umsl.edu

- Fees: Intake free, individual/couples/family \$20 (UMSL students \$10), career assessments \$25, group therapy \$10. Fees can be reduced with sliding scale
- Clinicians are doctoral and masters-level students in the Counseling & Family Therapy at UMSL

❤️ Relationship Counseling 🌱 Family Counseling ☀️ Group Therapy/Support Groups

🌙 Evening or weekend hours * Psychiatrist available

Creve Coeur Counseling ♥ 🌳

9666 Olive Blvd.

(314) 991-0100

cccastl.com

- Sliding scale fee: \$25 and up
- Clinicians are masters-level students

Open Path (Psychotherapy collective)

openpathcollective.org

- Membership fee of \$59 then eligible for individual sessions \$30-60; relationship sessions \$30-80

Additional Referral Assistance:

Behavioral Health Response

(314) 469-6644

BJC Behavioral Health

(314) 729-4004

Sliding scale is usually based on **household income and how many persons live in the home or number of dependents and often requires documentation..

♥ Relationship Counseling 🌳 Family Counseling ☀ Group Therapy/Support Groups

🌙 Evening or weekend hours * Psychiatrist available