




LOW COST REFERRAL OPTIONS MO & IL

Missouri

***Compass Health Network**   
 (Formerly Crider Health Center) (844) 853-8937
 compasshealthnetwork.org
 St. Charles, Warrenton, Wentzville, Union, Troy, Sullivan, Owensville, MO





- Sliding scale fee: \$30 and up & most insurances
- Comprehensive counseling, assessment, psychiatric services, Assertive Community Treatment (ACT), health and dental services
- EMDR, DBT full protocol, Biofeedback, virtual reality treatment

***Comtrea**    
 Festus, Arnold, High Ridge, Herculaneum, MO (877) COMTREA
 comtrea.org

- Sliding scale fee: \$20 and up & most insurances (no one turned away for inability to pay)
- Comprehensive counseling & psychiatric services: DV program & substance abuse treatment, parenting and divorce support groups, equine and canine therapy, DBT, EMDR
- Other services: Dental and primary care health services, case management, community support, court services

Provident Behavioral Health   
 High Ridge, Hillsboro, MO, Mobile Wellness Van (314) 533-8200
 providentstl.org

- Sliding scale fee starting at \$30 & most insurances, no Medicaid

***St. Louis Counseling**    
 (formerly Catholic Family Services) (314) 544-3800
 saintlouis-counseling.org
 Herculaneum, Bellefontaine, Union, Troy, O'Fallon, MO




- 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


Lutheran Family and Children's Services  
 St Peter's and Union, MO (314) 787-5100
 lfcsmo.org

- Sliding scale fee: \$40 and up & most insurances
- Most issues treated, trauma therapists, survivors of suicide group, male perpetrators DV group

Agape Christian Counseling   
 St. Charles, Lake St. Louis, MO (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 by clinicians, generalists

 Relationship Counseling  Family Counseling  Group Therapy/Support Groups

 Evening or weekend hours * Psychiatrist available

Step by Step Counseling ♥ ♣ ☀ ☾

St. Charles

(636) 255-0002

stepbystepcounselingllc.com

- Sliding scale fee: \$30 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

East St. Louis/Illinois***Comprehensive Behavioral Health** ♥ ♣505 South 8th St., East St. Louis, IL

Intake/24 hour crisis (618) 482-7330

cbhc1.org

- Comprehensive counseling & psychiatric services, substance abuse treatment,
- Other services: community support, residential program, homelessness assistance, parole re-deployment program

***Centerstone** ♥ ♣ ☀ ☾

2615 Edwards St., Alton, IL

(855) 608-3560

Crisis helpline: (855) 985-0911

centerstone.org

- Most insurances (incl. IL Medicare and Medicaid)
- Offer walk-in hours to start services from 9-2 M-F
- Comprehensive counseling & psychiatric services, extensive groups program, substance abuse program (incl. MAT)
- DBT, EMDR, extensive trauma, personality disorders, severe and persistent mental health issues, largest art therapy program in area
- Other support: community support/ACT, case management, residential housing

***Chestnut Health Systems** ♥ ♣ ☀

Granite City, Belleville, Edwardsville, Bloomington

(618) 877-4420 Granite City/Belleville

http://chestnut.org

- Most insurances (incl. IL Medicare and Medicaid)
- Comprehensive counseling and psychiatric services, including crisis unit for those in crisis that do not require hospitalization (inpatient IOP), anger management, parenting skills groups
- Other services: comprehensive addiction treatment (including detox & MAT), gambling addiction program, community support, credit counseling, primary care health services

Agape Christian Counseling ♥ ♣ ☾

Granite City, Columbia, IL

(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

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