LOW COST REFERRAL OPTIONS MO & IL

Missouri

*Compass Health Network  🌿 ¶ 🍰 (Formerly Crider Health Center) (844) 853-8937
(Formerly Crider Health Center) 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  ❤️ ¶ 🌾 (877) COMTREA
Festus, Arnold, High Ridge, Herculaneum, MO 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  ❤️ ¶ 🍰 (314) 533-8200
High Ridge, Hillsboro, MO, Mobile Wellness Van providentstl.org
- Sliding scale fee starting at $30 & most insurances, no Medicaid

*St. Louis Counseling  🌾 ¶ 🌾 (314) 544-3800
(formerly Catholic Family Services) saintlouiscounseling.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  ❤️ ¶ (314) 787-5100
St Peter’s and Union, MO 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  ❤️ ¶ 🌾 (314) 994-9344
St. Charles, Lake St. Louis, MO 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
 пара Evening or weekend hours    * Psychiatrist available
**Step by Step Counseling** ☏❤️押金❤️емых
St. Charles
- 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* ❤️❤️押金❤️емых
505 South 8th St., East St. Louis, IL cbhc1.org
- Comprehensive counseling & psychiatric services, substance abuse treatment,
- Other services: community support, residential program, homelessness assistance, parole re-deployment program

*Centerstone* ❤️❤️押金❤️емых
2615 Edwards St., Alton, IL 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* ❤️❤️押金❤️емых
Granite City, Belleville, Edwardsville, Bloomington 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* ❤️❤️押金❤️емых
Granite City, Columbia, IL 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 |