

LOW COST REFERRAL OPTIONS

St. Louis Area

St. Louis County residents have two additional options:

1. If you are 19 years or younger, you can receive free counseling and psychiatric services from Catholic Family Services, Jewish Family and Children's Services, Lutheran Family and Children's Services, Safe Connections and Provident Counseling.
2. If you 20 years or older, you are eligible for sliding scale counseling fees at Catholic Family Services, Jewish Family and Children's Services, Lutheran Family and Children's Services and Provident Counseling based on household income. If you also do not have insurance, you may be eligible for free counseling and psychiatric services.

If you are a St. Louis County resident with no insurance call Rachelle at Jewish Family and Children's Services to discuss options for counseling and psychiatric treatment.

Community Psychological Services (CPS)

232 Stadler Hall, UMSL

- Sliding scale fee

(314) 516-5824

www.umsl.edu/services/cps/

Provident Counseling

5 locations in St. Louis area

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

(314) 533-8200

<http://www.providentstl.org/>

**** Catholic Family Services**

4 St. Louis locations (plus Union, Troy, O'Fallon)

- Serves all religions
- Sliding scale fee starting at \$20 & most insurances
- Has one psychiatrist so may have wait list. Appointments are self-pay or through insurance. Psychiatrist does not serve adult ADHD clients.
- Participates in Language Access Metro Project (LAMP), which provides interpreters who collectively are fluent in more than 40 languages.

(314) 831-1533 (Florissant office)

(See website for alternate locations)

<http://cfsstl.org/>

**** Jewish Family and Children's Services**

10950 Schuetz Rd (near Lindbergh Blvd)

- Serves all religions
- Sliding scale & most insurances, no Medicaid.
- Some clinicians offer DBT and EMDR treatment.

(314) 993-1000

<https://jfcs-stl.org/>

Lutheran Family and Children's Services

9666 Olive Blvd. (Main Office)

15 counseling locations in St. Louis City & County, St. Charles & Franklin County.

- Serves all religions
- Sliding scale fee starting at \$40 & most insurances
- Has limited free counseling during the school year with student interns.

(314) 787-5100

<http://lfcsmo.org/>

Safe Connections

2165 Hampton Ave.

(314) 646-7500

<https://safeconnections.org/>

- Free services for adults who have experienced relationship violence, sexual assault or abuse. They often have a waitlist for services.

Center for Trauma Recovery (UMSL)

(314) 516-6737

<http://www.umsi.edu/divisions/arts/science/psychology/ctr/>

- No fee
- Cognitive-behavioral approach for the treatment of trauma

Walter's Walk

737 Dunn Rd., Hazelwood

(314) 731-2433

<http://www.walterswalk.com/>

- Sliding scale fees starting at \$0 & most insurances
- Offers holistic services: Massage, Yoga, Tai Chi, Reiki and essential oil workshops
- Some clinicians offer DBT and EMDR treatment

Care and Counseling

12141 Ladue Rd and 5 other locations

(314) 878-4340

<http://careandcounseling.org/>

- Serves all religions
- Sliding scale starting at \$50 (lower under special circumstances) & most insurances
- They can help arrange a referral to a psychiatrist
- Can provide counseling that incorporates spiritual concerns

****Amanda Luckett Murphy (ALM) Hopewell Center**

1504 S. Grand Blvd.

(314) 531-1770

<http://hopewellcenter.com/>

- Sliding fee scale & most insurance
- Serves city according to zip code, generally north part of city
- Comprehensive services: Individual, group, couples and family counseling, Psychiatric services, case management, transportation, dental services, mental health court advocacy
- Generally takes about 2 months to get an appt. for counseling or psychiatric

Wash U Psychological Service Center

7 N. Jackson

(314) 935-6555

<http://psychnet.wustl.edu/psc/>

- Sliding scale fees from \$15-\$40

SLU Psychological Services Center

3700 Lindell Blvd. (Morrissey Hall, Suite 1200)

(314) 977-2278

<http://www.slu.edu/departments/psychology-home/centers-and-clinics/psychological-services-center>

- Sliding scale fees from \$10-\$65

Psychoanalytic Institute (Herbert S. Schiele Clinic)

8820 Ladue Rd.

(314) 361-7075

<http://www.stlpi.org/>

- Fee based on client's ability to pay

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.

** Psychiatrist is available through this agency