

## LOW COST REFERRAL OPTIONS

### Missouri

#### **Lutheran Family and Children's Services**

3670 W. Clay, St. Charles, MO

St. Charles & Franklin County.

(314) 787-5100

<http://lfcsmo.org/>

- Serves all religions
- Sliding scale fee starting at \$40 & most insurances

#### **Care and Counseling**

St. Charles, MO

(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

#### **\*\* Catholic Family Services**

Union, Troy, O'Fallon, MO

(314) 544-3800

<http://cfsstl.org/>

- 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.

#### **\*\* Crider Health Center**

St. Charles, Warrenton, Wentzville, Union, MO

(636) 946-4000 St Charles

(see website for alternate locations)

- Comprehensive counseling and psychiatric services

<http://compasshealthnetwork.org/about-us/crider-health-center/>

#### **\*\* Comtrea**

Festus, Arnold, High Ridge, MO

(636) 931-2700 Festus

(see website for alternate locations)

- Comprehensive counseling and psychiatric services
- DV program & Substance abuse treatment

<https://www.comtrea.org/>

### East St. Louis/Illinois

#### **\*\* Centerstone**

2615 Edwards St., Alton, IL

(618) 462-2331

<https://www.centerstone.org/locations/illinois/facilities/centerstone-alton>

- Most insurances (incl. IL Medicare and Medicaid)
- Offer walk-in hours to start services from 9-2 M-F
- Comprehensive counseling and psychiatric services
- Community support and case management

#### **\*\* Chestnut Health Systems**

Granite City, Belleville, Edwardsville, Bloomington

(618) 877-4420 Granite City

(See website for alternate locations)

- Most insurances
- Comprehensive Mental Health services
- Comprehensive Addiction Treatment

<http://chestnut.org/>

**\*\* Comprehensive Behavioral Health**

505 South 8<sup>th</sup> St., East St. Louis

(618) 482-7330

<http://cbhc1.org/>

- Comprehensive counseling and psychiatric services
- Substance abuse treatment, homelessness assistance, parole re-deployment program

**Provident Counseling**

5016 North Illinois, Suite A, Fairview Heights

(314) 533-8200

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

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

\* Sliding scale is usually based on **household** income and how many persons live in the home.

\*\* Psychiatrist is available through this agency