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Sliding Scale and Low-Cost Counseling Clinics

For students without insurance and looking for low-cost counseling options, here is a list of low-cost sliding-scale clinics in Greater Puget Sound area. The counseling services at most of these locations are provided by supervised master’s or doctoral level student counselors. The sliding scale fee will be based on your income.

Community-based agencies

Licensed counselors or supervised graduate interns. Fees are private pay, sliding scale, and insurance based.

Blossom Counseling
Specialized in anxiety, depression, trauma, and grief. Offer sliding-scale fee.
- Email: hart@blossomcounselingwa.com
- Phone: (425) 243-9086
- Website: Blossom Counseling

Catalyst Counseling
Provides individual, relationship, and family counseling. Takes majority of the insurances but no sliding scale.
- Email: welcome@catalystcounseling.net
- Phone: (425) 988-9769
- Website: Catalyst Counseling

Center for Body Mind Intuition
Provides psychiatry and individual psychotherapy via Telemedicine and takes most insurances
- Email: bmi@panpacifichealth.org
- Phone: (206) 934-9110
- Website: Center for Body Mind Intuition

Center for Human Services
Various locations. Individual and family counseling and other family support services; substance abuse treatment. Sliding scale fees and many insurances accepted.
- Phone: (206) 362-7282
- Website: Center for Human Services
Compass Health
Offers a wide range of behavioral health services for clients of all ages in Island, San Juan, Skagit, Snohomish, and Whatcom counties. Approved provider for Medicaid/Apple Health and several other insurance plans.
- Address: Several locations
- Phone: (800) 457-9303
- TTY: (425) 349-6200

Counseling Washington
Washington state directory to find therapists or therapy groups.
- Website: Counseling Washington

Emmaus Counseling Center
Multiple locations on the Eastside. Accepts major insurances.
- Address: Several locations
- Phone: 425.869.2644, ext. 0
- Email: info@emmauscounseling.net
- Website: Emmaus Counseling Center

Envision Counseling
Offers telehealth and specialty in working with college students. Accepts major insurances.
- Address: Several locations
- Phone: (206) 858-1177
- Website: Envision Counseling

Give an Hour
Nonprofit organization offering free counseling with licensed professionals and those in need.
- Website: Give an Hour

Inside Health Institute
Located on Beardslee Blvd. Provides individual and group counseling in office and via telehealth. Offers sliding scale.
- Email: info@insidehealthinstitute.com
- Phone: (425) 256-2125
- Website: Inside Health Institute
Lake Washington Human Services
Does not accept insurance. Sliding scale fees.
- Address: 343 15th Ave., Kirkland, WA. 98033
- Phone: (425) 803-0907
- Email: office@lwhumanservices.org
- Website: Lake Washington Human Services

LightHeart Psychological Associates
Offers low-fee therapy sessions with doctoral psychology interns.
- Address: 7902 168th Ave NE, Ste 101, Redmond, WA. 98052
- Phone: (425) 996-8592
- Email: info@lightheartassociates.com
- Website: Lightheart Psychological Associates

Lutheran Counseling Network
Christian counseling. Offers subsidized fees.
- Bothell First Lutheran Church
  - Address: 10207 NE 183rd St., Bothell, WA. 98011
  - Phone: (425) 455-2960, ext. 2
  - Website: Bothell Lutheran Church
- Bethel of Shoreline Lutheran Church
  - Address: 17535 15th Ave. NE, Shoreline, WA. 98155
  - Phone: (206) 364-1046, ext. 3
  - Website: Shoreline Lutheran Church
- Advent Lutheran Church
  - Address: 4306 132nd St. SE, Mill Creek, WA. 98012
  - Phone: (425) 258-2955, ext. 5
  - Website: Advent Lutheran Church

Mend Seattle
Provides counseling on sliding scale ($50-$120). Serving the QTBIPOC (Queer, Trans, Black, Indigenous, People of Color) Community.
- Phone: (206) 660-4396
- Address: 4501 Rainier Ave S., Seattle, WA 98118
- Website: Mend Seattle
- (Currently Only Offered via Telehealth as of August 2022)
Open Path Psychotherapy Collective
Network of mental health therapists offering affordable psychotherapy ranging from $30-$60. One time membership fee required.
- Phone: 1-800-268-2833
- Website: Open Path Psychotherapy Collective

Sea Mar Behavioral Health Clinic
Sliding scale fees. Services available in Spanish.
- Website: Sea Mar Behavioral Health
- Bellevue Location
  - Address: 3801 150th Ave SE, Bellevue, WA 98006
  - Phone: (425) 460-7140
- Lynnwood Location
  - Address: 4111 Alderwood Mall Blvd, Lynnwood, WA 98036
  - Phone: (425) 616-4100
- Everett Location
  - Address: 1920 100th St. SE., Building B, Everett, WA 98208
  - Phone: (425) 312-0202
- Monroe Location
  - Address: 17707 W. Main St., 1st FL, Monroe, WA 98272
  - Phone: (360) 282-3885

Shelterwood Collective
Offers in-person and telehealth therapy and coaching. Sliding scale from $30-90.
- Address: 108 S. Jackson St. #203, Seattle, WA
- Email: connect@shelterwoodcollective.com
- Website: Shelterwood Collective

Sound Mental Health
Provides comprehensive mental health services for children, families, adults, and older adults in King County. Approved provider for Medicaid/Apple Health, Medicare, and several other insurance plans.
- Address: Multiple locations in Seattle and East King County
- Phone: (206) 901-2000
- Website: Sound Mental Health
The Therapy Collective
Virtual therapy for women-identifying young adults. Does not accept insurance but offers sliding scale and student rates. Availability includes weekends and evenings.
• Phone: (360) 531-7176
• Email: therapyco.eh@gmail.com
• Website: The therapy Collective

Wellspring Family Services
Mental health services for individuals, couples, families. Parent workshops and domestic violence intervention programs. Sliding scale and insurance accepted.
• Phone: (206) 826-3050
• Email: info@wellspringfs.org • Website: Wellspring Family Services