



Medicaid and Low Cost Mental Health Service

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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.

Antioch University Counseling

They provide counseling services to all ages on a sliding fee scale.

- Address: 2601 4th Avenue Suite 450, Seattle, WA 98121
- Email: clinic.aus@antioch.edu
- Phone: (206) 268-4840
- Website: <http://www.blossomcounselingwa.com/> [Antioch U Counseling](#)

Bastyr Center for Natural Health Counseling Services

They provide individual short-term therapy for typically no more than 12 sessions. They have a flat rate of \$35 per visit. Price will increase in Oct '23 to \$40.

- Address: 3670 Stone Way N, Seattle, WA
- Phone: (206) 834-4100
- Website: <http://www.blossomcounselingwa.com/> [Bastyr Clinic](#)

Blossom Counseling

Specialized in anxiety, depression, trauma, and grief. Offer sliding-scale fee. Counseling primarily for women.

- Email: hart@blossomcounselingwa.com
- Phone: (425) 243-9086
- Website: [Blossom Counseling](#)



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.

- Address: 521 Wall St., Seattle, WA
- Phone: (206) 239-4760
- Website: [City U Counseling Center](#)

City University Counseling Center

The counseling center at City U is open to the public providing low-cost counseling services to the public, fees range from \$5-\$25 per session.

- Address: [Several locations](#)
- Phone: (800) 457-9303
- TTY: (425) 349-6200

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

Consejo Counseling & Referral Services

Offers a range of services including individual therapy, group, family, substance use disorder service, sexual assault services and psychiatry for medication management. They accept Medicaid, Medicare and offer sliding fee scale.

- Address: [Several Locations](#)
- Phone: (206) 641-4880
- Website: [Consejo Counseling](#)

Counseling Washington

Washington state directory to find therapists or therapy groups.

- Website: [Counseling Washington](#)



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](#)

Lahai Health

Low cost individual, couples and children therapy. They suggest a co-payment donation of \$10.00 per session. You will need to bring proof of income (ex. Pay stubs, bank statement, previous yr tax doc.) They also offer medical and dental services at a low cost.

- Address: 2 locations
Lynnwood: 19820 Scriber Lake Rd inside the Community Life Center
N. Seattle: 2152 N 122nd St inside the North Seattle Church
- Phone: (206) 363-4105 x231
- Email: counseling@lahai.org
- Website: [Lahai Counseling](#)

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@lighthouseassociates.com
- Website: [Lighthouse 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)
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Northwest Family Life

Provides faith based counseling for individuals, couples and group counseling. They also provide domestic violence support survivor support groups. Sliding fee scale is offered.

- Phone: (206) 363-9601
- Address: 12360 Lake City Way NE Suite 420, Seattle, WA 98125
- Website: [Northwest Family Life](#)

NUhope Community Counseling Center

Through Northwest University Counseling they offer individual therapy starting at a rate of \$25 per session and couples counseling at \$35

- Phone: (425) 889-5261
- Email: [Contact NUhope](#)
- Website: [NUhope Counseling Center](#)



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](#)

Samaritan Center of Puget Sound

Faith Based Counseling for individuals, family and group therapy. They offer sliding fee and accept insurance as well.

- Phone: (206) 527-2266
- Website: [Samaritan Center of Puget Sound](#)

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

Sentio Counseling Washington

They offer sliding fee scale for individual and couple counseling with an associate clinician. Sliding fee scale starts at \$30 for 50 min individual session and \$45 for a 75 min couple's session. Telehealth only.

- Phone: (310) 916-9378
- Website: [Sentio Counseling Washington](#)



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](#)

YES (Youth Eastside Services)

Through offices in Bellevue, Kirkland and Redmond YES offers mental health counseling and substance use treatment from birth-22 years old. Individual must be living in East King County. They accept most insurance plans, Medicaid/Apple Health, and offer sliding fee scale. Same-day assessment on Mon, Tue and Thu from 9am-4pm

- Address: [3 locations in King Co.](#)
- Phone: (425) 747-4937
- Website: [Youth Eastside Services](#)

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](#)