

Finding Low-Cost and Free Mental Health Services

Many communities offer mental health services through local health departments, nonprofit organizations, or community behavioral health systems. Here are some ways to find and access low-cost or free mental health support in your community.

1. Start with Local Government Resources

Search: “[Your city or county] + mental health services”

Local health departments or public mental health agencies can often provide or refer you to free or low-cost care options.



2. Use Federally Qualified Health Centers (FQHCs)

Search: “HRSA find a health center” to locate nearby options.

FQHCs are government-funded clinics offering mental and physical health services based on income.



3. Contact Your Local Behavioral Health Board

Search: “behavioral health board + your county” to find crisis care, mobile units, or counseling options.

Also called community mental health boards or local mental health authorities, these organizations help coordinate and fund services in your area.



4. Call 211 or Visit 211.org

To connect with trained specialists who can help you find mental health providers and other support services based on your zip code.



5. Explore Non-Profit Organizations

Search: “free counseling near me” or “nonprofit mental health services” to find local options.

Many community organizations offer counseling at no cost or on a sliding scale



6. Check with Local Colleges or Universities

Graduate programs in psychology, counseling, or social work often offer reduced-cost sessions with supervised student therapists. Some schools also maintain referral lists for the public.



7. Use Crisis Help Lines for Immediate Support and Referrals

Search: “mental health crisis line + your state OR specialty group” for additional crisis hotline options.

Free hotlines like **988** offer confidential support and can help connect you to local services.



You don't have to navigate this alone. These steps can help connect you, or someone you care about, with the support you need.

If you or someone you know is experiencing a crisis, hotlines are available for 24/7 confidential support.

National Crisis Line – Call or text **988** or visit **988lifeline.org**

Find more resources at **mentalhealthcareworks.org**