



Finding a

Mental Wellness Professional

Low-Cost Options

Everyone deserves access to affordable mental wellness services. In many cases, people can not afford to see a therapist or psychiatrist for a variety of reasons. Check out some tips of low-cost options that are available for people who have limited finances for mental wellness services.

- **Support Groups:** Support Groups are peer-led in a group setting that focus on building community support and solutions to everyday problems in managing mental health conditions. They are usually led by someone who has a mental health conditions and are free or at a very low-cost. Organization such as NAMI offer support groups in most states. **Find a support group in your area at:** <https://www.nami.org/Find-Support/NAMI-Programs>
- **Group Therapy:** Some therapists provide group therapy where you are getting the same support as an individual therapy session except in a group with other people. Group therapy usually has no more than 10 people and can be provided at a lower cost than an individual session.
- **Classes:** Holistic health professionals who specialize in areas such as yoga, meditation, spirituality, and nutrition provide weekly classes than can enhance your mental well-being. Most classes range between \$10 - \$25 per session.
- **Non-profit Organizations:** Non-profit organizations that focus on mental wellness usually offer services for free or at a very low-cost. Check out mental wellness non-profits in your area to see what options are available.
- **Pro-bono Therapists:** Some therapists donate their services and take a few clients for free or a low-cost. If you are unable to afford a therapy appointment, ask the therapist if they take any pro-bono clients. Sites like **Give an Hour** provide a directory of volunteer therapists. Check them out at: <https://giveanhour.org/get-help/#providerSearch>