



## Mental Health Clinics & Agencies

### Table of Contents

|  |   |
|--|---|
| Sliding Scale and Low-Cost Counseling Clinics..... | 2 |
| Community-based agencies .....                     | 2 |
| Blossom Counseling.....                            | 2 |
| Catalyst Counseling.....                           | 2 |
| Center for Body Mind Intuition.....                | 2 |
| Center for Human Services .....                    | 2 |
| Compass Health.....                                | 3 |
| Counseling Washington.....                         | 3 |
| Emmaus Counseling Center.....                      | 3 |
| Envision Counseling .....                          | 3 |
| Give an Hour.....                                  | 3 |
| Inside Health Institute.....                       | 3 |
| Lake Washington Human Services.....                | 4 |
| LightHeart Psychological Associates.....           | 4 |
| Lutheran Counseling Network.....                   | 4 |
| Mend Seattle .....                                 | 4 |
| Open Path Psychotherapy Collective.....            | 5 |
| Sea Mar Behavioral Health Clinic .....             | 5 |
| Shelterwood Collective .....                       | 5 |
| Sound Mental Health .....                          | 5 |
| The Therapy Collective.....                        | 6 |
| Wellspring Family Services .....                   | 6 |



## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:office@lwhumanservices.org)
- Website: [Lake Washington Human Services](http://Lake Washington Human Services)

## LightHeart Psychological Associates

Offers low-fee therapy sessions with doctoral psychology interns.

- Address: 7902 168<sup>th</sup> Ave NE, Ste 101, Redmond, WA. 98052
- Phone: (425) 996-8592
- Email: [info@lightheartassociates.com](mailto:info@lightheartassociates.com)
- Website: [Lightheart Psychological Associates](http://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](http://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](http://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](http://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](http://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 100<sup>th</sup> St. SE., Building B, Everett, WA 98208
  - Phone: (425) 312-0202
- Monroe Location
  - Address: 17707 W. Main St., 1<sup>st</sup> 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](mailto: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](mailto: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](mailto:info@wellspringfs.org) • Website: [Wellspring Family Services](#)