



**Free & Reduced Cost Counseling, Therapy & Mental Health Resources in CA**  
**Consejería, terapia y recursos de salud mental gratuitos y de costo reducido en CA**

- [Findyourwords.org](https://findyourwords.org)
  - Español: <https://encuentraquedecir.org/>
- Free or Low Cost Counseling in CA: <https://www.opencounseling.com/california>
- Steinberg Institute: Excellent list of resources and free or low cost services, sorted by county:
  - <https://steinberginstitute.org/links-research-care/>
- Open Path: <https://openpathcollective.org/open-path-staff/>
  - Sliding Scale Therapy (\$30-80 per session)
  - Español: No hay sitio web en español, pero puede buscar un terapeuta por idioma y ubicación. Terapia de escala móvil (\$ 30-80 por sesión)
- National Alliance on Mental Health, can help find low-fee or free community mental health clinics: <https://www.nami.org/help>
  - The NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET. 1-800-950-NAMI (6264) or [info@nami.org](mailto:info@nami.org)
  - Español: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Latinx-Hispanic/La-salud-mental-en-la-comunidad-latina>
- Therapy apps (costs range from \$60-80/week):
  - Talkspace: <https://www.talkspace.com/>
  - Better Help: [www.betterhelp.com](http://www.betterhelp.com)
  - 7 cups: <https://www.7cups.com/> (has a free emotional support chat)
    - Español: <https://www.7cups.com/es/> (tiene un chat gratuito de apoyo emocional)
  - Faithful Counseling (\$40-70/week) Counseling for Christians
    - [www.faithfulcounseling.com](http://www.faithfulcounseling.com)
- National Institute for Mental Health (NIMH): 1-866-415-8051. [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - recursos disponibles en español!
- National Treatment Referral Helpline, 1-877-SAMHSA7 (1-877-726-4727)
  - Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST.
- For Providers aged 60+ “The California Friendship Line” Call for free emotional support calls: 1 (888) 670-1360
- Psychology Today: You can search by price, location and “sliding scale” [www.psychologytoday.com](http://www.psychologytoday.com)
  - Español: No hay sitio web en español pero puede buscar un terapeuta por idioma y ubicación y puede marcar “sliding scale” (escala móvil) para precios más bajo

- Webinar for childcare professionals to recharge and stock your self care toolkit with tips and tricks to try when stress sneaks in:  
<https://sesamestreetincommunities.org/professional-development/webinars?training=mindfulness>
- Free Support Groups for alcohol & substance abuse: <https://www.aa.org/>
- Free Mental Health for CA frontline workers (it's possible this is limited to healthcare fields, but we know providers are essential and it may be worth exploring)  
<https://volunteer.covid19counselingca.org/patient>

### **Emergency Help / Apoyo De Emergencia**

- National Suicide Prevention Lifeline at 800-273-8255.
  - <https://suicidepreventionlifeline.org/>
- Ayuda En Español: 1-888-628-9454
  - <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

### **REGIONAL RESOURCES / RECURSOS REGIONALES**

#### Los Angeles:

- Southern CA Counseling Center <https://sccc-la.org/>
- Wright Institute: <https://wila.org/>
- Helpful blog on low cost therapy services for LA Area:  
<https://www.awakentheself.com/mental-wellness/2016/12/30/10-low-cost-local-counseling-resources>
- Call the [L.A. County Department of Mental Health's Helpline](#) at (800) 854-7771. It's open 24/7 and is the entry point for mental health services provided by the county. It's a very good place to start if you want help but the thought of paying for that help is contributing to your stress level. Ask about "**SLIDING SCALE THERAPY**".
  - LA COUNTY: Get help Now: <https://dmh.lacounty.gov/get-help-now/>
- CA Lutheran University (Thousand Oaks)
  - English: [www.clucounseling.org](http://www.clucounseling.org)
  - Español: [www.clucounseling.org/es](http://www.clucounseling.org/es)

#### San Diego

- San Diego Low Cost Counseling at the Center for Mindful Relationships:  
<http://www.firstave.net/>
- San Diego County Mental Health Services:  
[https://www.sandiegocounty.gov/hhsa/programs/bhs/mental\\_health\\_services\\_eligibility/](https://www.sandiegocounty.gov/hhsa/programs/bhs/mental_health_services_eligibility/)
  - For more information call the Access and Crisis Line at 1-888-724-7240.
- San Diego City College - Low Cost Counseling Resources:  
[http://sdcity.edu/community/docs/counseling\\_resources.pdf](http://sdcity.edu/community/docs/counseling_resources.pdf)

#### Bay Area

- Los Altos: <https://www.gronowskicenter.org/>
  - Sliding scale fees as low as \$25 per session
- San Francisco: (español) <https://carecensf.org/es/programas/bienestar-familiar/>
- [KQED List of bay area therapy resources](#)
- The Wright Institute: <https://www.wi.edu/wi-clinical-services-wi-clinic>
  - (510) 548-9716
  - Berkeley Cognitive Behavioral Therapy Clinic
  - (510) 923-2241
- Access Institute in Hayes Valley, San Francisco
  - <https://www.accessinst.org/therapy.html>
  - (415) 861-5449 x 380
  - **Español:** (415) 861-5449 x 324
- Bay Area CBT Center:
  - Affordable groups and workshops  
<https://bayareacbtcenter.com/groups-workshops/>

#### Riverside:

- Riverside Free Clinic: <http://riversidefreeclinic.com/services/counseling-support>
- Crafton hills College Resources:  
<https://www.craftonhills.edu/current-students/counseling/each-mind-matters/mental-health/affordable-personal-counseling.php>
- Central Counseling Services: <http://www.centralcounselingservices.net/adulttherapy>

#### San Bernardino:

- CSUSB List of Counseling Resources:  
<https://www.csusb.edu/caps/resources/community-low-fee-counseling-services>
- Crafton hills College Resources:  
<https://www.craftonhills.edu/current-students/counseling/each-mind-matters/mental-health/affordable-personal-counseling.php>
- Low Fee Counseling Referrals:  
<http://nsla.lewiscenter.org/documents/NSAA/COUNSELOR/Low%20Counseling%20Resources.pdf>

#### Sacramento:

- HOPE Counseling Center: <https://www.hope-counselingcenter.org/>
- Life Practice Counseling Group: <https://lifeppractice.org/>
  - **Tiene Terapeutas en Español!**
- WellSpace Health:  
<https://www.wellspacehealth.org/services/behavioral-health-prevention>
- Mindsets: <https://www.mindsets counseling.com/>

#### Fresno

- Fresno State:  
<http://fresnostate.edu/kremen/about/centers-projects/ffcc/services/index.html>

- Well Counseling Center (Christian Worldview) <http://wellcounselingcenter.org/>
- Helpful Local Resource List: <http://janztherapy.com/resources>

### Bakersfield

- Mosaic Counseling - <https://iamamosaic.org/services-provided/>
  - Groups and classes range from \$10-15 per session

### **WALK-IN MENTAL HEALTH CRISIS CLINICS** (click on county for links)

(from steinberginstitute.org/)

- [Alameda County](#): Free, client-run community center for mental health clients and people experiencing significant emotional stress.
- [Fresno County](#): Provides crisis evaluation and intervention to adults ages 18 and older. Open Monday through Saturday, 9 a.m. – 6 p.m.
- [Los Angeles County](#): Six, 23-hour clinics located throughout the county that provide crisis stabilization and links to ongoing services.
- [Nevada County](#): Urgent mental health care clinic provides up to 23 hours of care by trained staff. Open daily 10 a.m. – 10 p.m.
- [Riverside County](#): Individualized support for adults experiencing mental health crisis. Open 24/7.
- [Sacramento County](#): Client-centered clinic for adults and children that aims to avert psychiatric emergency room visits and involuntary hospitalizations. Open weekdays 10 a.m. – 10 p.m.; weekends and holidays 10 a.m. – 6 p.m.
- [San Bernardino County](#): Three walk-in clinics provide crisis intervention, assessments, medications and referrals.
- [San Diego County](#): Six mental health urgent care clinics throughout the county. Available for adults experiencing a mental health crisis.
- [San Francisco County](#): A drop-in service open to any adult in need of emergency psychiatric care. Open weekdays 8 a.m. – 6 p.m.; Saturday 9 a.m. – 4 p.m. Closed Sundays and holidays.
- [San Joaquin County](#): Staffed with mental health clinicians, psychiatrists and registered nurses. Available to all ages. Open weekdays 8 a.m – 5 p.m.
- [Santa Clara County](#): Outpatient clinic for Santa Clara County residents in mental health crisis. Provides screening, assessment, crisis intervention, referrals and short-term treatment for adolescents and adults. Open daily 8 a.m. – 10 p.m.
- [Yolo County](#): Walk-in clinic provides crisis intervention, medication, peer support and case managers. Open daily 12 p.m. – 9 p.m.

### **Recursos para nuestra comunidad de inmigrantes o indocumentados**

- Biblioteca de Recursos: <https://www.inmigranteinformado.com/tipos-de-recurso/salud-mental-como-cuidarse-a-si-mismo-y-a-sus-seres-queridos/#>
- Proyecto Salud Mental para los Migrantes Mexicanos en los Estados Unidos
  - <https://hia.berkeley.edu/migrant-mental-health-resources/>
- En San Francisco: <https://carecensf.org/es/programas/bienestar-familiar/>

- Para todas las hispanohablantes: <https://www.terapiabajocosto.org/>