

Access to free or low-cost mental health services is crucial for individuals in underserved communities. Below is a list of national and community-based programs offering such services:

National Programs:

1. [**988 Suicide & Crisis Lifeline**](#): A free, confidential 24/7 service providing support for individuals in distress, prevention, and crisis resources. You can call or text 988 to connect.
2. [**Substance Abuse and Mental Health Services Administration \(SAMHSA\)**](#): Offers a confidential and anonymous resource for locating treatment facilities for mental and substance use disorders across the United States. Their website provides a treatment locator to find nearby services.
3. [**Federally Qualified Health Centers \(FQHCs\)**](#): These centers provide comprehensive health services, including mental health care, to underserved areas regardless of patients' ability to pay. They operate on a sliding fee scale based on income.
4. [**Community Mental Health Centers**](#): Offer low-cost or free care on a sliding scale to the public, including emergency services, therapy, and psychiatric care for adults and children. Contact your local government to find a center near you.
5. [**Open Path Psychotherapy Collective**](#): A nonprofit network of mental health professionals offering affordable psychotherapy services to individuals with limited income. Clients pay a one-time membership fee and receive sessions at significantly reduced rates.

Community-Based Programs:

1. [**NYC Well \(New York City\)**](#): A free, confidential crisis counseling, mental health, and substance misuse support service available 24/7. Services are accessible via phone, text, and online chat.
2. [**Art Pharmacy \(Connecticut\)**](#): An initiative aiming to improve mental health through art and community events, addressing the mental health crisis exacerbated by the COVID-19 pandemic.
3. [**Hope House Free Medical Clinic \(Mecosta County, Michigan\)**](#): Provides health services, including mental health support, to the community, focusing on essential needs, health, recovery, and support groups.

4. [Libraries Offering Health and Wellness Classes](#): Libraries across the U.S. are expanding their role by offering various health programs, including mental health services, to serve as accessible public health spaces.
5. [EI Center for Empowerment and Education \(Danbury, Connecticut\)](#): Seeking to expand mental health services for survivors of domestic and sexual violence by creating a program for long-term therapy.

Atlanta, GA:

- [Silence the Shame](#) A nonprofit organization addressing mental health stigma and providing community conversations, wellness trainings, and outreach programs.
- [Georgia Crisis and Access Line \(GCAL\)](#) Provides 24/7 crisis intervention services, support, and referrals to mental health resources across Georgia.
- [CHRIS 180](#) Offers counseling services, crisis intervention, and support programs for youth, adults, and families.

Baltimore, MD:

- [Baltimore Crisis Response, Inc. \(BCRI\)](#) Offers crisis intervention, residential services, and community outreach for individuals experiencing mental health crises.
- [NAMI Metropolitan Baltimore](#) Provides support groups, educational programs, and advocacy for individuals affected by mental illness.
- [Sheppard Pratt Health System](#) Offers a range of mental health services, including outpatient therapy, crisis services, and specialized programs.

Birmingham, AL:

- [JBS Mental Health Authority](#) Provides mental health services, including outpatient therapy, crisis intervention, and community support programs.
- [UAB Community Psychiatry Program](#) Offers outpatient mental health services, including counseling and medication management, through the University of Alabama at Birmingham.
- [Impact Family Counseling](#) Provides counseling services, family support programs, and mental health education to individuals and families.

Boston, MA:

- [Boston Public Health Commission – Behavioral Health Services](#) Provides mental health counseling, substance use treatment, and support services to Boston residents.
- [North Suffolk Mental Health Association](#) Offers a range of mental health services, including outpatient counseling, emergency services, and community support programs.
- [The Home for Little Wanderers](#) Provides mental health services for children and families, including outpatient therapy and in-home support.

Charlotte, NC:

- [Mental Health America of Central Carolinas \(MHA\)](#): Offers free counseling services for uninsured or underinsured individuals aged 8 and older, families, and couples in Mecklenburg and Cabarrus Counties. Services are provided by graduate students under the supervision of a licensed Clinical Director, with both in-person and telehealth options available.
- [NAMI Charlotte](#): Provides free mental health support, online groups, resources, and education to Charlotte-Mecklenburg residents. They offer a non-crisis helpline for information, resource referrals, and support.
- [ProCure Therapeutic Agency](#): Offers free therapy services for individuals aged 5 and older, families, and groups in Mecklenburg County. Services are provided by licensed therapists.

Chicago, IL:

- [NAMI Chicago](#) Offers mental health support, education, and advocacy, including a helpline and support groups.
- [Community Counseling Centers of Chicago \(C4\)](#) Provides mental health services, crisis intervention, and counseling on a sliding fee scale.
- [Thresholds](#) Offers mental health services, supportive housing, and employment support for individuals with serious mental illnesses.

Cleveland, OH:

- [FrontLine Service](#) Provides crisis intervention, counseling, and support services for individuals experiencing mental health crises.
- [The Centers for Families and Children](#) Offers mental health services, including counseling, psychiatry, and substance use treatment.
- [NAMI Greater Cleveland](#) Provides support groups, educational programs, and advocacy for individuals affected by mental illness.

Columbia, SC:

- [Columbia Area Mental Health Center](#) Offers comprehensive mental health services, including crisis intervention, outpatient therapy, and community support.
- [Mental Health America of South Carolina](#) Provides support groups, educational programs, and advocacy for individuals affected by mental illness.
- [Palmetto Health Behavioral Care](#) Offers inpatient and outpatient mental health services, including counseling and psychiatric care.

Detroit, MI:

- [Detroit Wayne Integrated Health Network \(DWIHN\)](#) Provides comprehensive behavioral health services, including mental health support, substance use disorder treatment, and crisis intervention.
- [The Children's Center](#) Offers mental and behavioral health services for children and families, including counseling and support programs.
- [Covenant House Michigan](#) Provides shelter and supportive services, including mental health care, to homeless and at-risk youth.

Gary, IN:

- [Edgewater Health](#) Provides mental health counseling, psychiatric services, and substance use treatment to individuals and families.
- [Regional Mental Health Center](#) Offers comprehensive mental health services, including crisis intervention, outpatient therapy, and community support programs.
- [Catholic Charities of the Diocese of Gary](#) Provides counseling services and mental health support to individuals and families in need.

Houston, TX:

- [The Harris Center for Mental Health and IDD](#) Offers mental health services, crisis intervention, and support programs for individuals with intellectual and developmental disabilities.
- [Legacy Community Health](#) Provides comprehensive healthcare services, including behavioral health counseling and psychiatric

Jackson, MS:

- [Hinds Behavioral Health Services](#) Offers comprehensive mental health services, including crisis intervention, outpatient therapy, and community support.
- [Mississippi State Hospital](#) Provides inpatient psychiatric services and outpatient programs for individuals with mental health needs.
- [Catholic Charities of Jackson](#) Offers counseling services and mental health support to individuals and families in need.

Los Angeles, CA:

- [Los Angeles County Department of Mental Health \(LACDMH\)](#) Provides a range of mental health services, including crisis intervention, assessments, and referrals for ongoing care.
- [The Trevor Project](#) Offers crisis intervention and suicide prevention services to LGBTQ+ youth nationwide, with resources accessible in Los Angeles.
- [Didi Hirsch Mental Health Services](#) Provides mental health, substance use disorder, and suicide prevention services, including a 24/7 crisis line.

Memphis, TN:

- [Christ Community Health Services](#) Provides comprehensive healthcare services, including mental health counseling and psychiatric care, to underserved populations.
- [Alliance Healthcare Services](#) Offers mental health services, substance use treatment, and crisis intervention for individuals and families.
- [NAMI Memphis](#) Provides support groups, educational programs, and advocacy for individuals affected by mental illness.

Miami, FL:

- [Thriving Mind South Florida](#) Manages mental health and substance abuse services, offering a network of providers for comprehensive care.
- [Jewish Community Services of South Florida \(JCS\)](#) Offers counseling, crisis response, and support groups for individuals and families.
- [The Miami Center for Mental Health and Recovery](#) Provides comprehensive mental health services, including crisis stabilization and outpatient care.

Milwaukee, WI:

- [Milwaukee County Behavioral Health Division](#) Offers crisis services, outpatient therapy, and community support programs for individuals with mental health needs.
- [Sixteenth Street Community Health Centers](#) Provides behavioral health services, including counseling and psychiatric care, as part of comprehensive primary care.
- [NAMI Southeast Wisconsin](#) Offers support groups, educational programs, and advocacy for individuals affected by mental illness.

Newark, NJ:

- [Rutgers University Behavioral Health Care](#) Offers a range of mental health services, including outpatient counseling, crisis intervention, and specialized programs.
- [Family Service Bureau of Newark](#) Provides mental health counseling, substance use treatment, and support services for individuals and families.
- [Newark Community Health Centers](#) Offers behavioral health services, including counseling and psychiatric care, as part of comprehensive primary care.

New Orleans, LA:

- [Metropolitan Human Services District](#) Provides mental health services, substance use treatment, and developmental disability support for residents of Orleans, Plaquemines, and St. Bernard parishes.
- [NAMI New Orleans](#) Offers support groups, educational programs, and advocacy for individuals affected by mental illness.
- [Mercy Family Center](#) Provides mental health counseling, psychiatric services, and educational support for children, adolescents, and families.

New York City, NY:

- [NYC Well](#) A free, confidential crisis counseling, mental health, and substance use support service available 24/7. Services are accessible via phone, text, and online chat.
- [NAMI-NYC Metro \(National Alliance on Mental Illness of New York City\)](#) Offers support, education, and advocacy for individuals and families affected by mental illness, including support groups and educational programs.
- [NYC Teenspace](#) A free mental health support program for NYC teens aged 13 to 17, connecting them with licensed therapists for ongoing support.

Oakland, CA:

- [La Clínica de La Raza – Casa del Sol](#): Provides mental health and crisis stabilization services, including psychiatry and support groups. Services are available in Spanish and to undocumented individuals.
- [Schuman-Liles Clinic](#): Offers mental health services, including counseling and support, to Alameda County residents with Medi-Cal. A recommendation from Alameda Access is required.
- [Sausal Creek Outpatient Stabilization Clinic](#): Provides medication-based mental health services for adults 18 and older with chronic serious mental illness. Walk-in services are available for Alameda County residents with Medi-Cal.

Philadelphia, PA:

- [Philadelphia Department of Behavioral Health and Intellectual disAbility Services \(DBHIDS\)](#) Provides mental health services, crisis intervention, and support programs for residents.
- [NAMI Philadelphia](#) Offers support groups, educational programs, and advocacy for individuals affected by mental illness.
- [Mental Health Partnerships](#) Provides peer support, education, and advocacy services for individuals with mental health conditions.

Rochester, NY:

- [Monroe County Office of Mental Health](#) Provides mental health services, crisis intervention, and support programs for residents of Monroe County.
- [Rochester Mental Health Center](#) Offers outpatient mental health services, including counseling and psychiatric care, for adults and children.
- [NAMI Rochester](#) Provides support groups, educational programs, and advocacy for individuals affected by mental illness.

St. Louis, MO:

- [BJC Behavioral Health](#) Offers mental health services, including outpatient therapy, community support, and crisis intervention.
- [Places for People](#) Provides comprehensive mental health services, housing support, and substance use treatment for individuals with complex needs.
- [Adapt of Missouri](#) Offers community-based mental health services, including therapy, case management, and psychiatric rehabilitation.

Washington, DC:

- [DC Department of Behavioral Health](#): Provides mental health and substance use disorder services. Individuals can call 1-888-7WE-HELP (1-888-793-4357) anytime to connect with a provider located nearby.
- [Catholic Charities Behavioral Health Services](#): Offers assistance for adults living with mental illness, including education, medication management, and ongoing case management services.
- [United Way NCA Mental Health Resources](#): Provides a free confidential crisis hotline available 24/7, connecting individuals to professionals for support and information.

Additional Resources:

- [National Institute of Mental Health \(NIMH\)](#): Provides resources to find help for mental illnesses, including guides on how to get immediate help and locate services.
- [Centers for Disease Control and Prevention \(CDC\) Mental Health Resources](#): Offers information on mental health care, including immediate actions to take in crisis situations and how to find help.
- [Mental Health America \(MHA\)](#): Provides information on paying for care, including options for low-cost or free services through community mental health centers.
- [Elevate Community-Based Organizations \(ECBOs\)](#): An initiative by SAMHSA's Office of Behavioral Health Equity to build capacity and increase the visibility of CBOs serving under-resourced communities in behavioral health.
- [Whole Health Action Management \(WHAM\)](#): A peer-led intervention to facilitate self-management and reach whole health goals through peer coaching and support groups, targeting individuals with behavioral health diagnoses.

Note: Availability and eligibility for these programs may vary. It's recommended to contact the organizations directly or visit their websites for the most current information and to confirm program details.