

WHAT IF I CAN'T AFFORD THERAPY?

FREE + LOW-COST COUNSELING SERVICES IN WASHTENAW COUNTY

Some of the providers on this list may not be taking new patients right away and only have a wait list available. If you want to get services there and you don't need immediate care, ask to be put on the wait list.

Keep calling around to find an appointment sooner if you need it. **Don't give up!** You may need to call several places before you find something that works for you.

We recommend...asking for a provider who is LGBTQ+ affirming and/or has been trained on LGBTQ+ issues. You can always change providers if the person you get is not a good fit.

FREE COUNSELING SERVICES

Ozone House - Ann Arbor + Ypsi

Call (734) 622-2222 for more information and to schedule.

Corner Health Center - Ypsi

Call (734) 484-3600 for more information and to schedule.

Regional Alliance for Healthy Schools - Ann Arbor + Ypsi

Don't have to be a student! Can use services up to your 22nd birthday.

Call (734) 484-3600 for more information and to schedule.

FREE COUNSELING SERVICES

Women's Center of SE Michigan - Ann Arbor

All genders welcome! Call (734) 973-6779 for more information and to schedule.

Community Mental Health - Ann Arbor + Ypsi

Call (734) 544-3050 for more information and to schedule.

LOW-COST + SLIDING SCALE SERVICES

Amplify Colectivo - Ann Arbor + Ypsi

Call (734) 585-6966 for more information and to schedule.

Packard Health - Ann Arbor + Ypsi

Call for more information and to schedule.

Ann Arbor: (734) 971-1073

West Ann Arbor: (734) 926-4900

Ypsi: (734) 985-7200

Wellspring Healing Center, LLC - Ypsi

Call Emerson Delacroix at (765) 426-1313 or Rose Benjamin at (734) 604-0482 for more information and to schedule.

Eastern Michigan University Psychology Clinic - Ypsi

Don't have to be an EMU student! Call (734) 487-4987 for more information and to schedule non-urgent appointments only.

Open Path Psychotherapy Collective

Visit www.openpathcollective.org to find a therapist. They offer in-person and online sessions.

Jewish Family Services - Ann Arbor

People of any/no religion are welcome! Call (734) 436-4249 for more information and to schedule.

Catholic Social Services - Ann Arbor

People of any/no religion are welcome! Call (734) 926.0155 for more information and to schedule.

Integrative Empowerment - Ann Arbor

Call (734) 945-6210 for more information and to schedule.

TheraBee Psychology - Ann Arbor

Call 734-391-9056 for more information and to schedule.