



The Order Of The Eight's – Crust // TRUST initiative presents: Operation M.D.

WE Believe Mental Health and wellness are Punk as F!!K. While we know that many of our fellow musicians, artists, fans, and travellers often lack access to basic mental health services, either due to changing locations, constantly changing addresses, or transitional status. There is also the financial burden that comes with therapy. It is often an essential tool and useful for navigating the problems that life throws at you.

We would like to announce that for our first **CRUST // TRUST** Initiative that we are compiling a list of mental health services that are free or low cost in as many states as we can, so that anyone who needs access to therapy can find it.

As many of us know first hand the horrors and abuses suffered while either being streeted, in a bad headspace, or even the rigors of touring we want to make sure we can find as many resources to share.

This documented will be updated, as will our website with each new resource we find, and we plan to keep this list maintained and as up to date as possible.

We would also like to announce that following this we will be starting work on compiling a list of free or low cost Medical professionals and medication resources for the sister project "*Operation: I.V.*"

Every voice, every scream, every cry of pain matters, and none should go unheard.

The Order of The Eight



ALBANY, NY

Capital Counseling

capitalcounseling.org ›
518.462.6531

- Insurance not required, but most are accepted
- Free based on financial need

ATLANTA, GA

The Link

thelink.org ›

- Insurance not required
- Free

AUSTIN, TX

Capital Area Counseling

cacaustin.org ›

- Insurance not required
- \$10-\$55 per session, based on need and family size

Alive Austin

aliveaustin.com ›

- Insurance not required, but some are accepted
- Sliding cost scale based on financial need
- Free consultation

BOISE, ID

Strive Counseling

strivecounseling.com ›

- Insurance not required, but some are accepted
- Sliding cost scale based on financial need

BOISE, ID (CONT.)

Center for Behavioral Health

centerforbehavioralhealth.com ›

- Insurance not required
- \$50 per individual session, \$30 per group session

BOSTON, MA

Community Legal Services and Counseling Center

clsacc.org ›

- Insurance not required
- \$6-\$60 per session based on financial need

BROOKLYN, NY

The Gestalt Center

gestaltnyc.org ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

IHI Therapy Center

ihitherapy.org ›

- LGBTQ community specific
- Insurance not required, but some are accepted
- Sliding cost scale based on financial need

Metropolitan Center for Mental Health

metropolitancenter.org ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

BUFFALO, NY

Greater Buffalo Counseling Center

greaterbuffalocounseling.com ›

- Insurance not required
- Free or low cost

CAMBRIDGE, MA

Thrive Boston,

Cambridge Counseling

thriveboston.com ›

- Insurance not required but most are accepted
- Low cost

CHICAGO, IL

The Family Institute at Northwestern University

family-institute.org ›

- Insurance not required
- Average \$12 per session, sliding scale

Community Counseling Centers of Chicago

c4chicago.org ›

CINCINNATI, OH

Catholic Charities of Southwestern Ohio

ccswoh.org ›

- Insurance not required, but most are accepted
- Sliding scale fee per session

Mental Health America

mhankyswoh.org ›

- Insurance not required
- Free



COLUMBUS, OH

Mental Health America of Franklin County

mhafc.org ›

- Insurance not required
- Free

CLEVELAND, OH

Circle Health Services

circlehealthservices.org ›

- Insurance not required
- Free

DALLAS, TX

University of North Texas at Dallas

untdallas.edu/ccs ›

972.780.3646

- Insurance not required
- Free

CCD Counseling

ccdounseling.com ›

- Insurance not required, but most are accepted
- Sliding scale fee per session

DAYTON, OH

JRK Services LLC — Jacob Keller

openpathcollective.org/clinicians/jacob-keller ›

- \$30-50 per session through Open Path Collective

Mental Health America of Franklin County

mhafc.org ›

- Insurance not required

DENVER, CO

People House

peoplehouse.org ›

303.480.5130

- Insurance not required
- Sliding scale fee per session

DES MOINES, IA

Des Moines Pastoral Counseling Center

dmpcc.org ›

- Sliding scale fee per session

DETROIT, MI

Detroit Wayne Mental Health Authority

dwmha.com ›

313.344.9009 x3216

- Insurance not required

Mental Health Association in Michigan

mha-mi.com ›

- Insurance not required
- Free

Jewish Family Service of Metro Detroit

jfsdetroit.org ›

248.592.2313

- Sliding scale fee per session for those eligible

GAINESVILLE, FL

University of Florida

equalaccess.med.ufl.edu ›

- Insurance not required
- Free

GRAND RAPIDS, MI

Mental Health Association in Michigan

mha-mi.com ›

- Insurance not required
- Free

GRAND RAPIDS, MI (CONT.)

Network180

network180.org ›

616.336.3909

- Insurance not required
- Free

HOUSTON, TX

Catholic Charities

catholiccharities.org ›

713.874.6602

- Insurance not required, but some are accepted
- Sliding scale fee per session

Family Houston

familyhouston.org ›

713.861.4849

- Insurance not required, but some are accepted
- Sliding scale fee per session

INDIANAPOLIS, IN

Northstar Psychological & Consultation Services — Dr. Grant

northstarpsych.com ›

317.572.7847

- \$35 sessions for those with high insurance deductibles

IOWA CITY, IA

Free Mental Health Clinic

freementalhealthclinic@gmail.com ›

816.777.2722

- Insurance not required, but most are accepted
- Free



KANSAS CITY, MO

Kansas City Care Clinic

kccare.org ›

816.777.2722

- Insurance not required, but most are accepted
- Free (proof of income and residency required)

First Call KC (Addiction & Recovery Support)

firstcallkc.org ›

Swope Health Services

swopehealth.org ›

KNOXVILLE, TN

Cherokee Health Systems

cherokeehealth.com ›

866.231.4477

- Insurance not required, but most are accepted
- Sliding scale fee per session

LAS VEGAS, NV

Community Counseling Center of Southern Nevada

cccfsn.org ›

702.369.8700

LOS ANGELES, CA

Wright Institute Los Angeles

wila.org ›

424.371.5191

- Insurance not required
- Sliding scale based on financial need

Musicares

grammy.com/musicares ›

800.687.4227

LOUISVILLE, KY

Mental Health America of KY

freementalhealthclinic.org ›

859.684.7778

- Insurance not required
- Free

MADISON, WI

Catholic Charities of Madison

ccmadison.org ›

- Sliding scale fee per session

MINNEAPOLIS, MN

Catherine Cronemeyer

catherinecronemeyer.com ›

816.777.2722

Walk-In Counseling Center

walkin.org ›

612.870.0565

- Free

NASHVILLE, TN

Centerstone

centerstone.org ›

- Insurance not required
- Free

Musicares

grammy.com/musicares ›

877.626.2748

NEW YORK CITY, NY

Metropolitan Center for Mental Health

metropolitancenter.org ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

The Gestalt Center

gestaltnyc.org ›

- Insurance not required
- \$35 initial intake, sliding scale fee per session

NEW YORK CITY, NY (CONT.)

IHI Therapy Center

ihitherapy.org ›

- LGBTQ community specific
- Insurance not required, but some are accepted
- Sliding cost scale based on financial need

Musicares

grammy.com/musicares ›

877.303.6962

OMAHA, NE

Community Counseling Clinic, University of Nebraska, Omaha

wrt.lv/UNOmaha ›

402.554.2727

- Low- to no-cost counseling services or a sliding scale fee

PEORIA, IL

Compass Counselors LTD — John Freshour

openpathcollective.org/clinicians/john-freshour ›

- \$30-50 per session through Open Path Collective

PHILADELPHIA, PA

Therapy Center of Philadelphia

therapycenterofphila.org ›

- Insurance not required, but AETNA accepted
- \$30-\$120 for individual and couples therapy, \$20-\$70 for group therapy



PHILADELPHIA, PA (CONT.)

The Center for Growth
therapyinphiladelphia.org ›
215.922.5683

- Insurance not required, but most are accepted
- \$35-\$200 individual therapy, \$10 group therapy

RENO, NV

Family Counseling and Payee Services
fcsnv.org ›

- Insurance not required, but most are accepted
- Sliding scale fee per session

RICHMOND, VA

Daily Planet Health Services
dailyplanetva.org ›
804.783.2505

SAN DIEGO, CA

Center for Mindful Relationships
firstave.net ›
619.685.0041

- Insurance not required
- Sliding scale fee per session

UCSD Student-Run Free Clinic Project
meded.ucsd.edu/freeclinic/services.php ›
858.534.6110

- Insurance not required
- Free

SAN FRANCISCO, CA

Bay Area Community Counseling
sf-bacc.org ›
415.488.6122

- Insurance not required
- Sliding scale fee per session

SEATTLE, WA

Capitol Hill Counseling
capitolhillcounseling.com ›
206.617.2338

- Insurance not required
- Sliding scale fee per session

SIOUX FALLS, SD

Sioux Falls Psychological Services
sfpsychological.org ›

ST. LOUIS, MO

Avenues Counseling
avenuescounselingcenter.org ›

- Reduced cost based on financial need
- \$40 per session for students, \$60 per session for military

Melody Lee Therapy & Assessments, LLC
openpathcollective.org/clinicians/melody-lee ›

- \$30-50 per session through Open Path Collective

WASHINGTON, DC

District Therapy
districttherapy.com ›
202.345.0100

- Insurance not required, but some are accepted
- Sliding cost scale
- Pro bono for military and former foster care

CRUST // TRUST
CHANGE // HOPE // EQUALITY



Don't see your city on this list? [Open Path Collective](#) › can help you find affordable care in your area.