

Free Counseling

Jacks Care 24/7	866-656-9983 nau.edu/jacks-care	<i>Virtual counseling services offered in any location and in 150 languages, including crisis support.</i>
Flagstaff EPS Practicum Clinic	928-523-7135 EPSPracticumClinic@nau.edu nau.edu/coe/labs/	<i>Counseling provided by NAU master's & doctoral-level clinicians under direct supervision of licensed counselors (faculty). Located in College of Ed (Bld 27), room 169.</i>
Northland Family Help Center	928-233-2209 counseling@northlandfamily.org	<i>Free counseling for victims of a crime, including past/present abuse and domestic violence.</i>
Northland Hospice & Palliative Care	928-779-1227 425 N. Switzer Canyon Dr, Flagstaff, AZ	<i>Bereavement Services on an individual and/or group basis for free. Groups include: Grief Support and Life After Loss Support.</i>

Reduced Counseling (Group Practices)

Abundant Hope Integrated Solutions, LLC	928-212-8621 (call/text) newcustomer@ahis.health www.ahis.health	<i>Interns: \$30 LAC/LMSW: \$35-\$65</i>
Balance Mental Health and Wellness, LLC	928-286-7229 www.balancementalhealthandwellness.org	<i>Intern: \$20 MH Consultant: \$50</i>
Cultivate Counseling	928-864-5024 www.cultivatecounselingflagstaff.com	<i>Intern: \$75</i>
LK Institute	623-432-8066 info@LKinstitute.com https://www.lkinstitute.com/counseling	<i>Sliding scale options available, contact for pricing and to apply.</i>
Redemption Counseling Center	928-719-4009 info@rccflagstaff.com www.rccflagstaff.com	<i>Intern: \$35 Sliding scale starting @ \$5</i>

Using Your Health Insurance to Cover Counseling

Did you know that many health insurance plans cover part or all of the cost of counseling? It is highly recommended that before scheduling with a therapist that accepts your insurance that you contact your insurance provider to inquire about your benefits. Here are some questions you can ask to find out about your level of coverage:

- Is counseling covered by my plan?
- How many sessions are covered?
- What is my copay? (This is the amount of money you are responsible for paying directly to the counselor while insurance covers the rest)
- Is there a deductible that must be met before insurance will cover the expenses related to counseling? If so, how much is that?

Once you have a better idea of your coverage, you can ask the insurance representative for a list of in-network providers in your area. In case you have difficulty finding an in-network provider in your desired location, you can also ask about what your out-of-network coverage looks like (ex: 70% coverage), as you may be able to locate an out-of-network provider easier.

Additional Reduced Counseling Options

Please note, many of these private-practice providers have limited availability. This list does not guarantee that the providers listed below are currently accepting new clients. Please contact the provider directly to inquire about availability or to schedule an appointment.

- **Frank Chensky, LPC:** \$50 for individual counseling, \$65 for couples (no insurance accepted). Contact: 928-226-8111 or fchensky@yahoo.com
- **Sharon Mosley, LCMHC:** Telehealth only, integrates physical health with mental health. Reduced fee of \$50 for students. Contact: 919-335-7034 or Sharon@thefittalk.com
- **The Guidance Center:** Accepts most insurance and AHCCCS, also has a sliding scale in place for uninsured and underinsured. Contact: 928-527-1899.
- **Florina Clashin/Melissa Mann:** The FMC Safe Child Unit provides free counseling to anyone who has been a victim of abuse (past/present, reported or not) who is under the age of 20. Call 928-213-6367.
- **Counseling with AHCCCS:** Did you know that AHCCCS (Arizona's form of Medicaid) usually covers the entire cost of counseling, psychiatry, and medications? If you need assistance applying for AHCCCS, please reach out to Abby Sanchez at North Country Healthcare at 928-522-9586 or vesanchez@nchcaz.org. Her services are FREE!

Crisis Lines

It is recommended that you save these numbers in your contacts for easy access in case of crisis. These are FREE resources that are aimed to assist you, a friend, or family member during a mental health emergency.

- **Terros: 1-844-534-4673(HOPE)** Local crisis response network with a mobile dispatch unit to assist with mental health emergencies in Northern Arizona.
- **National Suicide Prevention Lifeline: 988** For individuals in need of mental health crisis services anywhere in the US. Calls will be routed to the nearest crisis center based on your telephone area code from which you are calling.