

ST. LOUIS FREE AND LOW-COST MENTAL HEALTH COUNSELING

The SPOT
(314) 535-0413 x221
Free for youth ages 13-24 years of age
LGBTQ+ and Gender Affirming



If we do not have current openings, the community partners below offer free or low cost counseling.
If you encounter a provider that is no longer taking clients or is unwelcoming,
please let us know at thespot@wustl.edu.

Behavioral Health Response

314-469-6644

Youth Connection Helpline - Under 19 years old (Behavioral Health Response)

314-819-8802 Phone
www.bhrstl.com Chat
BHEARD to 31658 Text

Places for People (18 & Under)

314-535-5600 x 259

Places for People (18+)

314-535-6800

Provident

314-533-8200

Care & Counseling

314-878-4340

Openpathcollective.org

\$30-\$60 per session

SLU Psychological Services Center

314-977-2278

\$10 per session

UMSL Counseling & Social Advocacy Center

314-516-4613

\$20 per session, financial assistance
available

Casa de Salud

314-977-1240

\$1-\$20 per session

Uninsured or underinsured

Right Solutions Counseling

314-833-3863

\$20 per session

Walter's Walk (Hazelwood)

314-731-2433

Sliding scale, Medicaid &
insurance accepted

Gender-Affirming

Metro Trans Umbrella Group

<https://www.stlmetrotrans.org/#medical>

Provident

Sarah Paradise

314-802-2654

Free for youth in STL County

St. Louis Queer+ Support Helpline

Warmline for Queer & Trans STL

Residents Providing Emotional Support

314-380-7774

Friday-Monday 1pm-7pm

LGBTQ+ - Identified

Safe Connections

314-646-7500 x 118

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Black-Identified

The Village Path

info@thevillagepath.org

<https://www.thevillagepath.org/>

- Black clinicians who offer 5 free sessions of therapy to self-identify Black men
- Monthly Healing & Writing Circle for all Black humans

Substance Abuse

Prevent+Ed (formerly NCADA)

314-962-3456