

Step 1: Contact Houston Community Health Clinics for Sliding Scale Services

1. Harris Health System

Harris Health operates several community health centers with mental health services on a sliding scale.

- **Phone:** 713-634-1110 (main line for Harris Health eligibility and appointments)
- **Website:** Harris Health System
- **Email:** info@harrishealth.org

2. Notable Locations:

- **Strawberry Health Center:** 927 E Shaw Ave, Pasadena, TX 77506
- **Gulfgate Health Center:** 7550 Office City Dr, Houston, TX 77012

3. How to Apply: Call or visit the website to check eligibility and schedule an appointment.

Step 2: Reach Out to Nonprofits Offering Affordable or Free Therapy

1. Catholic Charities of the Archdiocese of Galveston-Houston

- Offers sliding-scale counseling services for individuals and families.
- **Phone:** 713-526-4611
- **Website:** [Catholic Charities](http://CatholicCharities.org)
- **Email:** info@catholiccharities.org

2. How to Apply: Call to schedule an intake appointment, or visit their website for information on mental health services. Mention that you're interested in sliding-scale fees.

3. Jewish Family Service (JFS) Houston

- Provides counseling and mental health services on a sliding scale, open to all backgrounds.
- **Phone:** 713-667-9336
- **Website:** [JFS Houston](http://JFSHouston.org)
- **Email:** info@jfshouston.org

4. How to Apply: Contact JFS by phone or email to start the intake process. They'll guide you on the next steps and any necessary paperwork.

5. The Montrose Center

- Focuses on LGBTQ+ mental health but provides services for all, with sliding scale options.
- **Phone:** 713-529-0037
- **Website:** [Montrose Center](http://MontroseCenter.org)
- **Email:** info@montrosecenter.org

6. How to Apply: Call or visit their website to inquire about sliding-scale fees and schedule an appointment.

Step 3: Access Free Mental Health Services Through Houston Public Schools

1. **Houston Independent School District (HISD) Counseling Services**
 - HISD offers counseling support for students and sometimes provides family referrals to local mental health services.
 - **Phone:** 713-556-7400 (HISD Counseling Services)
 - **Website:** [HISD Counseling](#)
2. **How to Apply:** Contact your child's school counselor directly, or call the HISD Counseling Services line for guidance on resources available for students and families.

Step 4: Apply for Medicaid or CHIP for Free/Low-Cost Mental Health Coverage

1. **YourTexasBenefits**
 - Apply for Medicaid or CHIP, which can cover mental health services for both adults and children.
 - **Phone:** 2-1-1 (Texas helpline for benefits)
 - **Website:** [YourTexasBenefits](#)
2. **How to Apply:** Go online or call to check eligibility. Once approved, you'll have access to covered mental health services, including individual and family counseling.

Step 5: Use Online Directories for Sliding Scale Therapists

1. **Psychology Today**
 - Find Houston-area therapists who offer sliding-scale fees.
 - **Website:** Psychology Today
 2. **How to Apply:** Use the site to search by location and "sliding scale" to find affordable options. Contact individual therapists through the contact details provided in their profiles.
 3. **Open Path Collective**
 - Matches people with therapists who charge \$30–\$60 per session.
 - **Website:** [Open Path Collective](#)
 4. **How to Apply:** Create an account on their website to find a Houston therapist within their low-cost network.
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Step 6: Affordable Telehealth and Online Therapy Options

1. **BetterHelp**
 - Offers online therapy with financial aid for those who qualify.
 - **Website:** [BetterHelp](#)
 2. **Therapy Aid Coalition**
 - Provides free or low-cost teletherapy for people affected by COVID-19 or other financial difficulties.
 - **Website:** [Therapy Aid Coalition](#)
 3. **How to Apply:** Visit the sites, complete their questionnaires, and apply for financial assistance if needed.
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Step 7: Find Free Support Groups in Houston

1. **NAMI Greater Houston (National Alliance on Mental Illness)**
 - Offers free support groups for families dealing with mental health challenges.
 - **Phone:** 713-970-4419
 - **Website:** [NAMI Greater Houston](#)
 - **Email:** info@namigreaterhouston.org
 2. **How to Apply:** Call or check their website for support group times and locations. Most groups are free and open to the public.
 3. **Houston Area Women's Center**
 - Provides free support groups for women and families affected by trauma or domestic violence.
 - **Phone:** 713-528-2121 (24/7 domestic violence hotline)
 - **Website:** [Houston Area Women's Center](#)
 4. **How to Apply:** Call their hotline or visit their website to learn more about their support groups and other services.
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These organizations are ready to help families in Houston find affordable or free mental health support. Start by reaching out, and remember that each call or email brings you closer to the support you need.