



Blue Couch Therapy

SPEAK YOUR MIND & FIND PEACE

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BlueCouchTherapy.co

Sliding Scale Request Form

Agreement Terms

- The sliding scale rate is determined based on the information you provide regarding your financial situation.
- This reduced rate is offered with the understanding that it reflects your current ability to pay.
- Sliding scale rates are reviewed every ____ months and may be adjusted as circumstances change.
- If your financial situation improves, you agree to notify your therapist to reassess your rate.
- If your financial situation changes and you are unable to continue at the agreed rate, please discuss this as soon as possible.
- Missed session and cancellation policies apply regardless of the fee rate.

Sliding Scale Eligibility Requirements

Sliding scale rates are reserved for clients who demonstrate a genuine financial need. Eligibility may be based on the following factors:

- **Income Level:** Individual or household income that limits the ability to pay the full session fee (for example, low-to-moderate income or single-income households supporting dependents)
- **Employment Status:** Unemployment, underemployment, reduced work hours, or inconsistent income
- **Insurance Limitations:** Lack of insurance coverage or limited mental health benefits
- **Financial Obligations:** Significant monthly expenses such as rent/mortgage, childcare, medical bills, student loans, or supporting dependents
- **Recent Financial Hardship:** Life events such as job loss, divorce, illness, or other unexpected financial strain
- **Student Status:** Full-time students or individuals in training programs with limited income and/or insurance

Please upload two of the following to confirm eligibility:

- **Recent pay stubs** (last 2 months)
- **Last year's tax return** (first page is usually enough)
- **Proof of unemployment or benefits** (e.g., unemployment statement, disability income)
- **Student ID or enrollment verification** (for students)
- **Insurance summary of benefits** (to show limited coverage)

Additional expectations for receiving a sliding scale rate:

- Clients agree to pay the reduced fee at the time of each session unless otherwise arranged
- Clients may be asked to provide a general estimate of income and expenses to help determine an appropriate rate
- Sliding scale spots are limited and not guaranteed
- Rates are reviewed periodically (every 3 months) to ensure they continue to reflect current financial circumstances

*To apply, please visit BlueCouchTherapy.co, click Book a Session and select Sliding Scale Request Application