

LOW COST COUNSELING CLINIC-Tucson, AZ

1. Catholic Social Services

<https://www.ccs-soaz.org/services/detail/counseling-css>

Call an Intake Counselor to make an appointment. **(520) 623-0344, Ext. 7004**
Regular hours for appointments are Monday-Thursday, 8 AM to 7 PM, Friday, 8 AM to 5 PM.

140 W. Speedway, Suite 130
Tucson, AZ 85705

2. YWCA Women's Counseling Network

520-884-7810

Email info@ywcatucson.org

YWCA Frances McClelland Community Center
525 N. Bonita Avenue
Tucson, AZ 85745

YWCA South Tucson Campus
243 W 33rd Street
Tucson, AZ 85713

3. Jewish Family and Children's Services

<https://www.jfcs.org/find-help/adults-families/counseling-consultation/>

JFCS is providing teletherapy services during the pandemic. Please call 415-449-1212 for help.

4. The University of Arizona Behavioral Health Clinic

(On campus, staffed by students getting doctoral degrees in clinical psychology counseling)

<https://psychology.arizona.edu/bhc>

Cost: It is generally \$25 per session (but can go lower, at your request)

Where: Psychology Building, room 210 (during pandemic, services done online)

Phone: (520) 621-9683

Interested in scheduling an appointment? Want to learn more about BHC services?

Fill out a patient interest survey at <https://redcap.link/uabhc>

After completing the survey, a clinician will follow up with you to discuss the clinic options

5. Palo Santo Psychotherapy and Wellness

<https://palosantowellness.org/>

(2 miles off campus, staffed by licensed providers and advanced trainees)

Cost: reduced rate/sliding scale rates (fees depend on assigned therapist): \$20-30-40-45-65

(Insurance: accepted by fully licensed staff)

Where: 3045 N 1st Ave, Suite A, Tucson, AZ 85719

Email: Palosantowellness at gmail.com

Phone: (520) 539-6455.

-Call and leave a message with your name & number

-Someone will call you back to schedule an appointment

-Appointments may be available as soon as the next business day

6. CATHEXIS

<http://www.cathexistucson.org/about>

Evening and weekend hours are available.

520-329-1250

Cathexisum@gmail.com

6280 E Pima St Ste 100

Tucson, AZ 85712

We accept AHCCCS (Cenpatico) insurance, and private pay (sliding scale available for those who qualify).

7. Arizona Baptist Children's Services

Tucson New Life Counseling

1779 N. Alvernon Way

Tucson, AZ 85712

(520) 795-7541

Counseling is offered at a reduced rate with a portion of the fee being subsidized by the church.

Call (800) 678-0648 to schedule an appointment.

<https://newlifeaz.org/>

Our Necessary Fees

Fees range from \$50.00 to \$80.00 per session* and are based on family income. An alternative rate, like a copay, may be available for those with mental health insurance benefits with proof of insurance card. For those who would otherwise be unable to receive counseling we attempt to subsidize counseling through church gifts when funds allow. *Due to the space allotted per appointment, there is a standard \$25 fee if you miss a scheduled session.

8. Our Family Services (formerly Family Counseling Agency and Our Town)

Main office hours are 9 a.m. to 5 p.m. Monday through Friday, and evenings by appointment.

Mailing address:

2590 N. Alvernon Way

Tucson, AZ 85712

Agency main phone (520) 323-1708

To schedule **Counseling**, call **(520) 323-1708 x 204**

Counseling is \$60 per hour.

9. Renewal Counseling (Faith-Based Counseling)

<https://renewalcenters.net/>

6700 N. Oracle Road

Tucson, AZ 85704

520-791-9974

Cortiva Institute Building

6390 E. Broadway

Suite #210

Tucson, AZ 85710

520-791-9974