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/](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**