

How To Get Mental Health Treatment

(when you can't afford it)

In danger of hurting yourself or others?

Call 911

1 *Talk to your doctor about your concerns.*

Other Crisis contacts:

Suicide hotline 800-273-8255

Mobile Crisis Unit 877-626-1772

Text NAMI to 741741

2 *What next?*

If you have **health insurance**,

Call member services to learn:

What is covered for mental health?

How much will it cost?

Ask for a list of therapists.

If you have **Medicaid**:

Call Alliance Behavioral Health 800-510-9132

If you have **Medicare**:

Visit medicare.gov to find a provider

3 *Need a lower-cost alternative?*

Try:

- **Advance Community Health** 919-833-3111
- **Monarch Behavioral Health** 866-272-7826
- **Pfeiffer Institute Reach Clinic** 919-941-2900
- **Employee Assistance Program** – ask your employer.
- Attending university or community college?
Contact the **student counseling center**.
- **Pastoral counseling** – look online.
- **Your church** – talk with your faith leader about programs offered through your church.
- Consider **group therapy** or a **support group** such as GriefShare or DivorceCare (look online for locations and schedules).

Many mental health providers offer adjustable fees based on income. Just ask!

4 *Call the clinic or therapist & ask:*

1. Are you taking new patients?
2. Do you take my insurance (or Medicaid or Medicare)?
3. Do you have adjustable fees based on income?
4. How much will it cost me?
5. Do you have the experience and training to treat my concern?

If the cost causes a financial crisis, Dorcas may be able help – call Client Services at 919-469-9861 ext 203.

Notes:

Appointment date, time, location: