Paying for your Mental Wellness Services

No Public Aid or Insurance

Some people that are seeking mental health treatment do not have private health insurance, Medicaid, or Medicare. Not having any health care coverage can prevent people from seeking the mental health services that they need to be well. There are options available for people that do not have health care coverage.

Here is some information about getting mental health services without healthcare coverage:

- **Call a National Hotline:** National Hotline's such as the National Alliance on Mental Illness (NAMI) Hotline provide treatment information to people with mental disorders. Contact NAMI by calling 1-800-950-6264 or send an e-mail to info@nami.org
- **Search for a free clinic:** Some free clinics provide mental health services. Visit the Health Resources & Services Administration website: http://findahealthcenter.hrsa.gov/
- **See if a nearby provider has a charity program:** Some larger hospitals and organizations provide a charity program that will cover your mental health services if you can prove that you are in extreme need and do not have other financial options. Check local mental health providers to find out if they have a charity program.
- **Look up a local non-profit organization:** Non-profit organizations provide free and low-cost mental health services such as individual, group, and family therapy, in addition to psychiatry. Check out non-profit organizations in your area to access services.