



# ASCENSION ALLIANCE, LLC

*Be Open to Change...*

Advocacy

Collaboration

Holistic

Personal  
Development

## Finding a Mental Wellness Professional

### LOW -COST OPTIONS

- Support Groups: Support Groups are peer-led in a group setting that focus on building community support and solutions to everyday problems in managing mental health conditions. They are usually led by someone who has a mental health conditions and are free or at a very low-cost. Organization such as NAMI offer support groups in most states. Find a support group in your area at: <https://www.nami.org/Find-Support/NAMI-Programs>
- Group Therapy: Some therapists provide group therapy where you are getting the same support as an individual therapy session except in a group with other people. Group therapy usually has no more than 10 people and can be provided at a lower cost than an individual session.
- Classes: Holistic health professionals who specialize in areas such as yoga, meditation, spirituality, and nutrition provide weekly classes than can enhance your mental well-being. Most classes range between \$10 - \$25 per session.
- Non-profit Organizations: Non-profit organizations that focus on mental wellness usually offer services for free or at a very low-cost. Check out mental wellness non-profits in your area to see what options are available.
- Pro-bono Therapists: Some therapists donate their services and take a few clients for free or a low-cost. If you are unable to afford a therapy appointment, ask the therapist if they take any pro-bono clients. Sites like Give an Hour provide a directory of volunteer therapists. Check them out at: <https://giveanhour.org/get-help/#providerSearch>

[www.ascensionalliancellc.com](http://www.ascensionalliancellc.com)