

Sacramento Sliding Scale Counseling Clinics

*Sliding fee scales & languages at each location are subject to change.
(Last updated: May 2020)

LifePractice

3650 Auburn Blvd., C-208
Sacramento, CA 95821

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3336 Bradshaw Road, #215
Sacramento, CA 95827
916-300-6576

www.lifeppractice.org

- Services: psychotherapy for individuals, couples, families, adolescents, and children, groups (groups are free)
- Fees: Average: \$45-\$80
- Insurance: MediCal, MHN
- Languages: English, Spanish, Russian, Punjabi, Hindi,
- Hours: 8AM – 10PM

HOPE Counseling - Sacramento

1430 Alhambra Blvd., Suite 200
Sacramento, CA 95816

www.hope-counselingcenter.org

- Services: Individuals, adolescent, couples, family.
- Fees: Sliding Scale; Victim Witness
- Languages: Spanish, Farsi, Polish
- Hours: M-F 8A-9P; Weekends 8A-6P

Hearts and Hands Counseling

420 Folsom Road, Suite C
Roseville, CA 95678
916-676-3548

www.heartsandhandscounseling.org

- Services: Counseling for individuals, children, teens, family, groups
- Fee: \$25-\$95
- Languages: Inquire
- Hours: 7 days/week, by appt

One Community Health

1500 21st Street
Sacramento, CA 95811
916-443-3299

www.onecommunityhealth.com

- Services: Primary Care, Mental Health, HIV/STI; PrEP management, chiropractic, acupuncture, podiatry, vision, pharmacy
- Fees: MediCal and Sliding Scale
- Languages: English, Spanish
- M-Th 8-7; F 8-6; Sa 9-5

CommuniCare Health Centers

600 A Street; Davis, CA 95616
530-204-9467; www.communicarehc.org

- Services: Mental Health, Primary Care, Dental, Perinatal Care
- Fees: MediCal, Sliding Scale
- Languages: English, Spanish
- Hours: M-F; 8-5

Gender Health Center

2020 29th Street, #201; Sacramento, CA 95817
916-455-2931; www.thegenderhealthcenter.org

- Specialty: Therapy, hormone treatment, harm reduction, support groups
- Hours: M-F: 9A-9P; Sa 10A-5P
- Fees: Mostly free; generous sliding scale

Sacramento LGBT Center

1015 20th Street; Sacramento, CA 95811
916-442-0185; www.saccenter.org

- Groups: Support groups and substance abuse groups available at no cost.
- Individual counseling, Victims of crime
- Community Resource Navigation, including Homelessness Support
- Hours: M-F 10A-8P; Sa-Su 12P-6P
- Youth Center Drop-In: Ages 13-24; 12P-6P; every day. Adult Drop-In: Tues, Thurs. 10A-4P

Sacramento County MediCal MH Access

916-875-1055

Sacramento Suicide Prevention

916-368-3111

