

# FREE & LOW COST COUNSELING IN ALBUQUERQUE

## (1) Manzanita

Dealing with:

- Anxiety?
- Grief?
- Stress?
- Anger?

Need someone to talk to?  
We can listen.

We offer free, confidential  
counseling services.

(505) 277-7311

MANZANITA COUNSELING CENTER  
Manzanita Hall (#70 Below)  
University of New Mexico  
Telephone: (505) 277-7311

MANZANITA  
COUNSELING  
CENTER AT THE  
UNIVERSITY OF  
NEW MEXICO

**MANZANITA COUNSELING CENTER**

Our mission is to provide excellent client care in a safe and supportive environment.

**WHO WE ARE:**  
Manzanita is a counselor training facility affiliated with the Counselor Education Program at the University of New Mexico. We offer free, confidential counseling to individuals, couples and families.

**ABOUT OUR SERVICES:**  
Counseling is provided by advanced graduate students under the supervision of UNM faculty who are licensed professional counselors. Sessions last 50 minutes and are videotaped for training purposes only. In order to ensure confidentiality, all tapes are destroyed at the end of each semester. As part of consent for counseling services, clients sign an agreement to have their counseling sessions at Manzanita videotaped.

**GETTING STARTED:**  
Call 277-7311 to schedule an appointment. We ask that you complete a brief telephone screening to determine if Manzanita offers the right level of care for you. Our hours of operation vary each semester. We make every effort to offer counseling services at a variety of times to accommodate our clients' different schedules. Manzanita is open both fall and spring semesters.

**We Specialize In:**

- Life Transitions
- Adjusting to Changes
- Relationship Issues
- Stress Management
- Family Conflict
- Anxiety & Depression
- Dealing With Loss
- Anger Management

## (2) Outcomes



### LOW COST COUNSELING

Outcomes Inc. offers low-cost, sliding scale counseling services for individuals who lack health insurance or the resources to pay full fees "out of pocket".

The fees for our low cost counseling services are based upon the client's household size and income. Depending on your household size and income our counseling could cost as low at \$10 per visit.

Please call us at 505-243-2551 for more information.

## (3) Sage

### Sage Neuroscience Center

A Behavioral Health Clinic in Albuquerque, New Mexico

Sage Neuroscience Center is a multidisciplinary team of dedicated healthcare professionals restoring balance to mind and body.

Our medical providers, clinicians, and staff at Sage endeavor to recognize the needs of the community and collaborate with insurance companies to provide affordable, accessible healthcare.

 (505) 884-1114

 7850 Jefferson St. NE, Suite 300  
Albuquerque, NM 87109

 Monday – Thursday: 8AM – 6PM  
Friday: 8AM – 5PM

### Low Cost Mental Health Counseling

Sage Neuroscience Center is proud to offer a new service to those in our community that may not have access to Mental Health Services due to a lack of insurance coverage or financial hardship.

We have noticed a growing trend of individuals and families that have either lost their benefits due to job loss or cannot get employment or health care due to the recent economic hardships in this country. We would like to offer these individuals quality low-cost counseling with therapist interns and/or post-graduate therapists that are working toward their independent license. A patient can call and ask to be seen in our Community Access Clinic. You will be asked to fill out some paperwork before being screened for therapeutic appropriateness and then scheduled with a provider.

All therapists in training or counseling interns are supervised by independently licensed providers who hold them to the highest in clinical and academic standards. All potential therapists in this program go through a rigorous selection and training process that helps to ensure that only the creme of the crop are providing care. Call today to make an appointment.