

Sliding Scale Discernment Questions

As part of my commitment to making mental health care accessible, I offer sliding scale slots in my caseload. If reduced fee would give you access to treatment, please review the following discernment statements.

1. I am generally able to meet all of my core needs as well as those of my dependents, if applicable. I am able to spend money on non-essentials occasionally and/or with a bit of re-budgeting.
2. I am able to meet my needs and the needs of my dependents, if applicable. I can spend on non-essentials on a regular basis.
3. I can meet my needs and those of my dependents, if applicable. I comfortably spend on non-essentials. I own assets, have savings, and/or have investments.
4. I could comfortably pay the top rate for any of these services without thinking twice about it. If this is you, pay at the full price level. I also invite you to sponsor a spot for someone who is in financial need.
5. I am consistently at risk of not meeting my basic needs such as food, shelter, transportation, bills, etc and those of my dependents (if applicable), or I experience frequent disruptions to my financial stability. If this is your current situation, please get in touch with me, and we can discuss options.

*sliding scale discernment questions adapted from Elinor Predota