

POEMA COUNSELING SERVICES



Therapy Sliding Scale Application

Making Therapy Accessible

I believe that mental health care should be available to everyone, regardless of financial circumstances. To support this commitment, I offer a limited number of sliding scale therapy spots for individuals experiencing financial hardship.

What Is a Sliding Scale?

A sliding scale adjusts the session fee based on your income and financial situation. This allows you to pay what is affordable for you, while still supporting the sustainability of therapy services.

Who Qualifies

Sliding scale rates are designed for clients who:

- Are students, underemployed, or experiencing financial hardship
- Have significant life expenses (medical bills, caregiving costs, etc.)
- Would otherwise be unable to access therapy at full rate

Please note that sliding scale spots are limited and availability may vary.

Confidentiality

All information provided in this application is confidential and used solely to determine eligibility for a reduced fee. Your privacy and dignity are always respected.



Sliding Scale Application

Full Name: _____

Email Address: _____

Phone Number: _____

Preferred Pronouns: _____

Employment Status:

Full-time Part-time Unemployed Student Other: _____

Monthly Household Income (approximate): \$_____

Number of Dependents: _____

Are there any significant expenses or financial circumstances affecting your ability to pay the standard fee?

(Optional — share as much as you feel comfortable)

Preferred Fee Range (per session):

\$40–60 \$60–80 \$80–100 Other: \$_____

Would you like to be added to a waitlist if no sliding scale spots are currently available?

Yes No

Signature: _____ **Date:** _____

What Happens Next

After you submit your application, I will review it and contact you within 3–5 business days to discuss available options. Approval for the sliding scale is based on need and current availability.