

**Low Cost / No Cost Psychotherapy Resources**

Best Free Online Therapists in 2021 <https://www.healthline.com/health/mental-health/online-therapist-for-free>

Best Free Online Therapy Providers in 2022 <https://www.onlinetherapy.com/free/>

Covid Recovery Iowa <https://www.covidrecoveryiowa.org/>

Open Path Psychotherapy Collective <https://openpathcollective.org/>

Open Counseling <https://www.opencounseling.com/>