

If you're feeling anxious,
sad, or just need someone
to talk to, call

410-598-0234



CALL THE MENTAL HEALTH WARMLINE TODAY

Connect with someone who can help.

Pro Bono Counseling's mental health **WARMLine** supports Marylanders who are experiencing anxiety, sadness, grief, or trauma and want to speak to someone about how you are feeling.

You'll talk with a trained mental health professional who will listen to your concerns and can refer you to additional resources if needed.

THE WARMLINE IS

- **Free**
- **Anonymous**
- **Confidential**

There is no commitment required when you call the WARMLine and you may call as often as you need.

You will not be asked about your income, insurance status, or immigration status.

HOW DOES IT WORK?

Step #1
Call the
WARMLine at
410.598.0234.



Step #2
Speak with a trained
mental health specialist who
will listen to your concerns.



Step #3
You will be referred to
any additional resources
you may need.



Mental health professionals are available Mon - Fri from 10:00 AM to 8:00 PM and Sat - Sun from 10:00 AM to 6:00 PM.

For more information, visit ProBonoCounseling.org.

5900 Metro Drive | Baltimore, MD 21215 | 410.825.1001
410.598.0234 WARMLine | ProBonoCounseling.org

