



Your Mental Health Connection

At Pro Bono Counseling we believe access to quality mental health care is a human right and can change a person's life. Our goal is to help people of all backgrounds in Maryland find the right mental health professional to meet their needs, no matter their income.

CONNECT WITH A COUNSELOR TODAY

MENTAL HEALTH WARMLINE

If you're experiencing anxiety, sadness, grief, or trauma and want to speak to someone about how you are feeling, call Pro Bono Counseling's WARMLine. You'll talk with a trained mental health professional who will listen to your concerns and can refer you to additional resources if needed.

It's free, confidential, anonymous, and available to all Marylanders.

Call 410.598.0234

Mon-Fri 10AM - 8PM | Sat-Sun 10AM - 6PM

MENTAL HEALTH COUNSELING

If you are interested in enrolling in mental health counseling but are unable to afford the right care, Pro Bono Counseling can match you with a volunteer licensed therapist at no cost to you, or connect you to other free or low-cost mental health resources near you.

Call our office to participate in a short confidential phone interview regarding your needs.

Call 410.825.1001

Monday - Friday 8AM - 4PM

For more information on mental health care resources, connect with us at 410.825.1001.