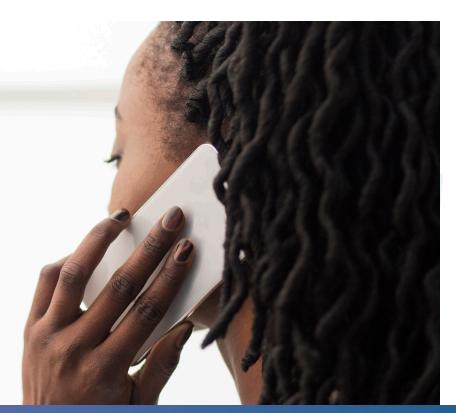
If you're feeling anxious, sad, or just need someone to talk to, call

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**.

