

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](https://ProBonoCounseling.org).

1500 Union Ave | Ste 2100 | Baltimore, MD 21211 | 410.825.1001  
410.598.0234 WARMLine | [ProBonoCounseling.org](https://ProBonoCounseling.org)

