

Pro Bono Counseling provides free counseling to Marylanders with limited resources through a network of over 900 licensed, volunteer therapists.

Mission

Pro Bono Counseling’s mission is to remove barriers and provide relief by connecting Marylanders to mental health support.

Vision





Pro Bono Counseling envisions a future where everyone has access to quality mental health care.

Values

The work of Pro Bono Counseling is guided by our dedication to regard all people with the utmost respect and dignity and conduct ourselves with honesty, compassion, and empathy. We are committed to social justice and equity as we support and serve the needs of Maryland’s diverse communities. The culture of Pro Bono Counseling is collaborative, and we strive to provide the highest quality services through continual growth, education, and improvement.

WHO DO WE SERVE?

Pro Bono Counseling (PBC) serves Maryland individuals, couples, and families of all ages who are experiencing stress, anxiety, sadness, grief, a life transition, relationship issues, and other concerns that can be addressed through counseling. In 2024:

<p>2,219</p>  <p>REQUESTS FOR COUNSELING</p>	<p>LANGUAGES 29% OF CLIENTS SPOKE A NATIVE LANGUAGE OTHER THAN ENGLISH</p> 	 <table border="0"> <tr> <td data-bbox="885 966 1209 1249"> <p>RACE BLACK/AFRICAN AMERICAN:35% WHITE:24% ASIAN OR PACIFIC ISLANDER:3% MULTIPLE RACES, OR ANOTHER RACE:38%</p> </td> <td data-bbox="1226 966 1559 1144"> <p>GENDER FEMALE:66% MALE:29% ALL OTHER GENDER IDENTITIES:5%</p> </td> </tr> <tr> <td colspan="2" data-bbox="1226 1144 1559 1249"> <p>ETHNICITY (ANY RACE) LATINO OR HISPANIC:29% SOUTH ASIAN:1%</p> </td> </tr> </table>	<p>RACE BLACK/AFRICAN AMERICAN:35% WHITE:24% ASIAN OR PACIFIC ISLANDER:3% MULTIPLE RACES, OR ANOTHER RACE:38%</p>	<p>GENDER FEMALE:66% MALE:29% ALL OTHER GENDER IDENTITIES:5%</p>	<p>ETHNICITY (ANY RACE) LATINO OR HISPANIC:29% SOUTH ASIAN:1%</p>	
<p>RACE BLACK/AFRICAN AMERICAN:35% WHITE:24% ASIAN OR PACIFIC ISLANDER:3% MULTIPLE RACES, OR ANOTHER RACE:38%</p>	<p>GENDER FEMALE:66% MALE:29% ALL OTHER GENDER IDENTITIES:5%</p>					
<p>ETHNICITY (ANY RACE) LATINO OR HISPANIC:29% SOUTH ASIAN:1%</p>						
 <p>11,737 HOURS OF COUNSELING</p>	<p>DONATED TO SERVE 1,415 CLIENTS</p>					

HOW DOES IT WORK?

Step #1
Call Pro Bono Counseling at 410.825.1001.



Step #2
Participate in a short, confidential phone interview.



Step #3
Connect to a licensed volunteer counselor or other resources.



Potential clients call PBC and talk with staff during a short, confidential phone interview. Then, based upon the needs of the client, staff either match the client with a volunteer therapist or a more appropriate resource. Counselors are located throughout the state, and for in-person counseling, every effort is made to match the client with a geographically close therapist. In the matching process, client preferences for a counselor’s cultural background/expertise, gender, and therapy style, among other factors, are also considered.

HOW CAN I SUPPORT PBC?



- Share with people in need that help is available.
- Refer a colleague to volunteer.
- Donate by visiting our website at ProBonoCounseling.org.

