



# 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 screening 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.