Supporting Marylanders Experiencing Housing Insecurity

Studies have shown that experiencing housing instability and insecurity can negatively impact a person’s overall health. This includes increasing a person’s risk for many mental health issues, such as depression, anxiety, and behavioral issues. Pro Bono Counseling’s mental health WARMLine is a free and confidential resource available to support Marylanders experiencing housing insecurity.

For a recent WARMLine caller, who had lost their home and was living in their vehicle, you talk with me; you don’t treat me very comforting, actually. You laugh with the caller stated, “It’s nice to talk to you; it’s bringing them joy.

WARMLine can also provide a much-needed break for a caller to breathe, talk about what their day, or even just chat about what needs during this time, reaching out to the individual, failures.

The caller acknowledged that seeking services can often be discouraging and dehumanizing. As this example shows, Pro Bono Counseling’s WARMLine is a resource that helps Marylanders sustain themselves and care for their mental health during challenging times.

To reach PBC’s mental health WARMLine, call 410.598.0234 weekdays 10AM–8PM, and 10AM–6PM on weekends.

Counseling When You Need It

Occasionally staff members are questioned about the frequency a person may contact Pro Bono Counseling (PBC) for resources. A misconception is that if you’ve contacted PBC in the past for counseling, that you may not be eligible to utilize the services again.

PBC wants to assure you that you may reach out for assistance as often as necessary. Our priority is to connect you with the mental health that supports you best, when you need it. Mental health needs change over time and PBC is here to provide you with the necessary support.

One such example is a man (he/they pronouns) in his 20’s who initially called PBC several years ago to address historical trauma that continued to impact his mental health. The client and their mother were connected to family counseling for several months through PBC.

Recently, the client called back for a new individual therapist following a car accident and resulting impacts to their physical and mental health. The client reported experiencing stress and anxiety about resuming his daily activities.

After PBC connected this client with a therapist, a clinical team member contacted them to check in on his experience with his provider and he reported positive changes from participating in therapy.

“It’s nice to know there is someone I can talk to about the stressfull things that go on in my life to who I can talk with and help me objectively work through them and navigate with,” he explained. “There were two specific instances where I was anxious, and I was anticipating when would be my next session. It was nice to know I had a session coming up, where I could discuss the situation that happened.”

If you are experiencing an issue that can be addressed through therapy, call PBC today at 410.825.1001.

Meet PBC’s New Interns

The start of a new school year means new volunteer interns with Pro Bono Counseling. The following students will fulfill fundamental roles with the organization as interns as they work to complete their degrees. Please join us in welcoming them!

• Camellia Cheikhah, a graduate student at Towson University, is pursuing an MA in Psychology with a Clinical Concentration, and expects to graduate July 2024;
• Isabella Almash is an undergrad at the University of Maryland-College Park, majoring in Psychology and Public Policy with a focus in Behavioral Health Policy, and plans to graduate Fall 2024;
• Briana Pizarro attends Goucher College, pursuing a Bachelor’s degree in Psychology and minor in Sociology. Her anticipated graduation date is Spring 2024;

• Kiera Robinson is an undergrad at Towson University, majoring in Psychology and minoring in Family Studies. She plans to graduate Fall 2024.

Welcome PBC Volunteers

Pro Bono Counseling’s volunteer clinicians are the driving force that enables us to connect Marylanders to quality mental health resources at no cost. We sincerely thank the thousands of mental health professionals who have given their time since our inception in 1991.

Join us in welcoming the following mental health clinicians who joined our team as PBC volunteers last month:
• Caroline Hughes
• Patricia Klein
• Jerrika Robertson
• Ariel Wagerman

Have you considered volunteering with PBC? If you’re a licensed counselor, social worker, psychologist, or therapist, please join us! Click HERE for more info.