

**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

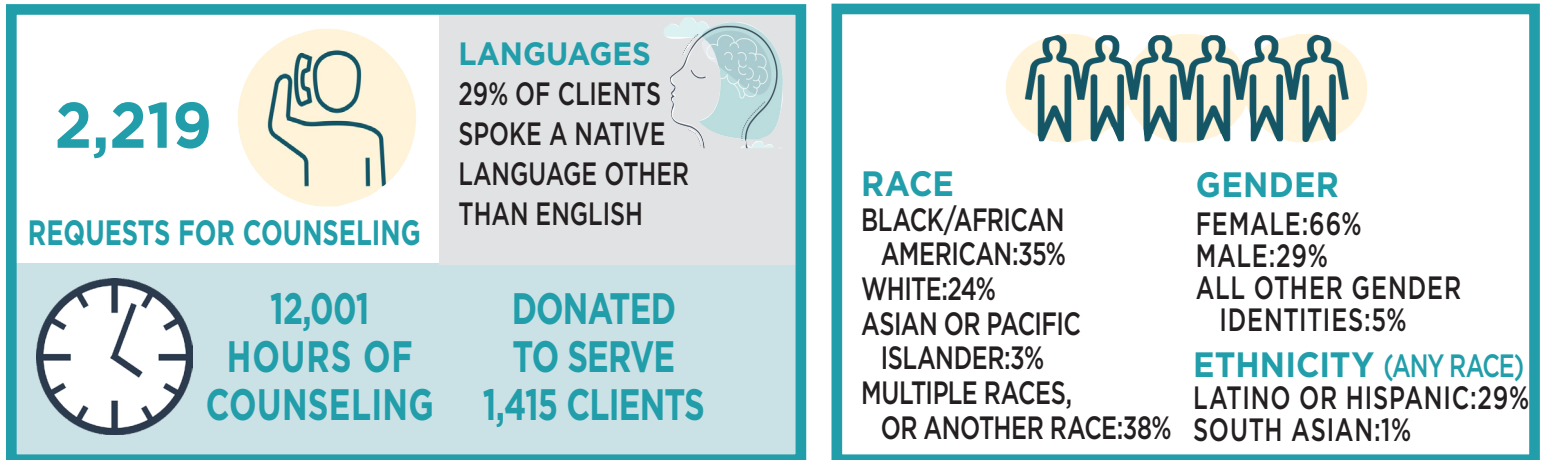
Pro Bono Counseling envisions a future where everyone has access to quality mental health care.

## 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:



## HOW DOES IT WORK?

**Step #1**  
Call Pro Bono Counseling at 410.825.1001.



**Step #2**  
Participate in a short, confidential phone screening.



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



Call PBC and talk with a clinical team member during a confidential, up to 45-minute phone screening. Then, based upon the needs of the client, staff either match the client with a volunteer therapist or a more appropriate community 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. Teletherapy is also available. 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](https://ProBonoCounseling.org).

