If you’re feeling anxious, depressed, or just need someone to talk to, call 410-598-0234.

Connect with someone who can help.

https://www.probonocounseling.org/get-help-now/warmline/
Follow these easy steps:

1. Dial 410.598.0234 from any cell phone or landline.
2. Speak with a caring call specialist who will listen to your needs.
3. You will be referred to any additional resources you may need.

**Habla Espanol?**

WARMLine volante

WARMLine hoja informativa

**Immediate Help**

If you or someone you know need immediate help, please call or text 9-8-8 or chat at 988Lifeline.org to reach the National Suicide Prevention Lifeline.

**LOCATION / CONTACT**

Pro Bono Counseling
5900 Metro Drive
Baltimore, MD 21215
Pro Bono Counseling serves the entire state of Maryland. You can reach Pro Bono Counseling by dialing:

410.825.1001

WARMLine: 410.598.0234

FAX number: 410.825.1388

EIN: 52-1784604

https://www.probonocounseling.org/get-help-now/warmline/