

What to expect

Thank you for your interest in the Pro Bono Counseling program. We are dedicated to providing accessible mental health support to individuals facing financial constraints.

By enrolling in the Pro Bono Counseling program, you are taking a significant step toward prioritizing your mental health and well-being. Our program offers you the opportunity to receive professional counseling services at no cost, tailored to your individual needs and circumstances. Through the dedicated support of licensed therapists, psychologists, or counselors who volunteer their time and expertise, you can navigate life's challenges, enhance your mental health outcomes, and improve your overall quality of life. Additionally, by participating in Pro Bono Counseling, you are joining a community that values mental health support for all individuals, regardless of financial limitations.

Here's what you can expect when you sign up for the program:

1. Submitting the Pro Bono Counseling—Client Enrollment Form

Upon submitting the online [Pro Bono Counseling—Client Enrollment Form \(trackvia.com\)](#), you will be assigned a care coordinator, who will reach out to you within 5–7 business days (post form submission) to initiate the screening and connection process.

2. Detailed screening process

During the screening process, you will talk with a trained care coordinator and have the opportunity to discuss your behavioral health needs in depth. This information will help us connect you with a “best-fit” therapist for your specific wellness needs.

3. Review by Pro Bono Counseling leadership team

After completing the screening with your care coordinator, your screening information will be shared with the Pro Bono Counseling leadership team for review. This review will consist of looking at your therapist preference, as well as the concerns you would like support with. This information is then shared with the therapist who is the best fit to support you in achieving your wellness goals.

4. Assignment of therapist

Within 5–7 business days of the leadership team review, you will be contacted again by a care coordinator. They will provide you with the name and contact information of your assigned therapist.

5. Learn more about your therapist

You can visit the [“Meet Our Therapists”](#) page on the Pro Bono Counseling website to read more about your assigned therapist and their practice. This can help you familiarize yourself with your therapist before your first session.

We look forward to supporting you on your mental health journey through our Pro Bono Counseling program. If you have any questions or need further assistance, please feel free to reach out to Behavioral Health Clinical Director Sherese D. Ezelle, LMHC, LCPC at 206-489-4560 or sherese@projectaccessnw.org.

Thank you for choosing Project Access Northwest for your mental health needs.