

At **Equilibrium**, we are committed to making high-quality mental health care accessible to those in need, regardless of financial circumstances. To support this mission, we offer **pro bono (free) therapy services** for individuals facing significant financial challenges.

Eligibility for Pro Bono Therapy

Our pro bono therapy services are designed for individuals who *cannot afford standard therapy fees* due to financial hardships, such as students, unemployed individuals, or those with limited income. We strive to extend support to as many people as possible while ensuring the highest quality of care.

What to Expect from Pro Bono Therapy

- **Initial Discovery Session:**

The journey begins with an initial [discovery session](#). This session helps us understand your specific needs and outline how our therapy can best support your mental health journey.

- **Up to 4 Sessions per Month:**

Eligible individuals can receive up to **4 individual therapy sessions per month**, scheduled on a weekly basis. However, due to the high demand for pro bono services, availability is reviewed **monthly**. While we aim to provide continuous support, we *cannot guarantee spots every month*. To accommodate as many individuals as possible, we may offer **discounted rates** or **alternative options** if pro bono slots are unavailable.

- **50-Minute Sessions:**

Each therapy session lasts **50 minutes**, allowing ample time for in-depth discussion and therapeutic work tailored to your needs.

- **Ongoing Care:**

At the end of each month, we will **assess your progress** and **re-evaluate** your eligibility for continued pro bono services. Our goal is to maintain a balance between offering consistent care and providing opportunities for others in need.

- **Commitment from Clients:**

We expect clients receiving pro bono therapy to commit to regular attendance and active participation in their sessions. Timely communication regarding cancellations or rescheduling is crucial to ensure the availability of services for others in need.

How to Apply for Pro Bono Therapy

To apply for our pro bono services:

- Complete the [[Pro Bono Therapy Application Form](#)].
- Once your application is received, it will be reviewed promptly.
- If approved, you will be contacted to schedule your initial discovery session. This session will help determine the most suitable therapeutic approach and outline the support we can provide.

Confidentiality and Professional Standards

All pro bono therapy sessions adhere to the same rigorous **professional** and **ethical standards** as our standard therapy services. Your **confidentiality** and **privacy** are paramount to us. Every session is conducted by experienced and qualified therapists who are dedicated to supporting your mental health and overall well-being. We ensure that all information shared during sessions remains strictly confidential, in line with legal and ethical guidelines.

Commitment to Quality Care

We are deeply committed to providing **empathetic, high-quality care** in every session, regardless of the financial circumstances of our clients. Our therapists are trained to offer compassionate and effective support tailored to your unique needs. We recognize the critical importance of mental health support and strive to remove financial barriers, ensuring that everyone has access to the essential therapy they deserve.

Contact Information

For more information or if you have any questions about our pro bono therapy services, please feel free to contact us at equilibriumpsihoterapija@gmail.com or [our website](#). We are here to guide you through the application process and to provide the support you need to access our services. Your mental health is our priority, and we are committed to helping you navigate this journey with care and professionalism.