



Mental Health Awareness

May is Mental Health Awareness Month! Prioritize your mental wellbeing with support from wellness specialists at First Stop Health who can help every step of the way.



Work with a Health Coach...

- To identify habits that increase stress and provide guidance to better manage your stress levels.
- To set realistic goals, breaking them down to manageable steps to help you achieve them.
- For support and accountability in a nonjudgemental environment.



Work with a Registered Dietitian...

- For guidance and support if you're struggling with emotional or disordered eating.
- To get a personalized plan to support your nutrition goals and add healthy eating habits into your daily routine.
- To learn how to use nutrition to support your mental health.



Get the app

Looking for an easier way to get quality care? Download our app for care that's available whenever, wherever you are.

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