



Promote First Stop Health on Internal Chat Channels

Week 1

Focus on YOU during Mental Health Awareness Month

Now is the perfect time to focus on your mental health. You have caring, confidential mental health care with First Stop Health. Coaches, therapists, and doctors can help you:

- Address stress and anxiety
- Adjust to life changes
- Be more present for your friends and family members

[Get the app](#), visit firststophealth.com or call (888) 691-7867 to request a visit today!

Week 2

Take time for yourself

In our fast-paced lives, we can often feel stressed. Take a moment to focus on your wellbeing. Set healthy boundaries, get enough sleep, and do activities that bring peace. By managing stress, you pave the way for a healthier, more balanced life.

If you want to talk about what's on your mind, First Stop Health mental health providers are ready to listen. [Learn more here.](#)

Week 3

May is Mental Health Awareness Month

Your mental health matters—every day. Don't forget, you have access to confidential mental health support through First Stop Health. Talk to a coach, therapist, or doctor by phone or video when and where it's convenient for you. [Click here to get started.](#)

Week 4

It's Mental Health Awareness Month, so here's your friendly reminder to:

- Take a deep breath
- Move your body
- Log off on time today
- [Seek help](#) if you need it

Mental health matters, and little things add up. What's *your* go-to mood booster? We would love to hear more!