



Use all or part of this template in your own communication about
First Stop Health Mental Health.

May is Mental Health Awareness Month! We care about you—not just as employees, but as people. Your mental health is just as important as your physical health, and we want to make sure you have the support you need.

Whether you're feeling stressed, overwhelmed, or just need someone to talk to, First Stop Health offers [confidential and compassionate mental health support](#) for whatever's on your mind.

- **Providers who care**
Talk with a mental health coach, therapist, or doctor who is here to listen and provide support.
- **Save time**
You don't have to wait weeks or months to be seen. Appointments are often available as soon as the next day.
- **Confidential support**
Your privacy is important. First Stop Health is HIPAA-compliant, and your care is 100% confidential.

[First Stop Health's blog](#) has a number of resources designed to help you learn more about mental health care and how their providers can address whatever's on your mind. Here are a some of our favorites:

- [How to Know When You Should Get Help for your Mental Health](#)
- [How First Stop Health's Mental Health Team Can Support You](#)
- [Battling Burnout](#)
- [Tips for Achieving Better Work/Life Balance](#)

Here's how to get started:

Download the mobile app or visit <https://app.firststopshealth.com/member> to set up your account. From there, you'll answer a few questions and request care.