



Tips for receiving compassionate, inclusive mental healthcare

Mental healthcare should feel personal, safe, and empowering. We make it easy to connect with providers who respect your background, experiences, and needs. Here are some simple ways to speak up and get the support you deserve:

Share your needs.

Your identity and life experiences shape what support looks like for you. Let your provider know your goals and preferences so they can provide care that truly fits.

Ask questions.

If something isn't clear or you're unsure about the process, ask! Your questions help create a more supportive and inclusive experience.

Be yourself.

This is a space for you to be open and honest. The more you share, the better your provider can support your growth and wellbeing.

Stick with it.

Therapy can take time to feel comfortable. Staying engaged helps you get the most out of your sessions.



Request a visit today!

First Stop Health is ready to provide you with compassionate and inclusive care. Scan the code, visit firststophealth.com or log in to the app to schedule a confidential visit.

