



Asking for help isn't weak.

You take care of
everyone else. But who's
looking out for you?

It's okay to not have all
the answers. It's okay to
feel overwhelmed.

What's not okay?
Staying silent when you
need support.



Talk to someone.

Whether it's a friend, a
doctor, or a mental
health professional at
First Stop Health,
asking for help is a sign
of strength.



Get the app

Looking for confidential help? Scan to get started!
You can also visit our website or call to get care.



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