



First Stop Health.

# Mental healthcare made for you

From stress and anxiety to trouble sleeping and feeling overwhelmed, First Stop Health is here to support your mental health any time you need help.

## Inclusive

No two people are alike. We take an unbiased approach to care driven by respect and empathy.

## Private

Virtual care is strictly confidential. No personal information is shared outside of your visits.

## Accessible

Get support from a licensed mental health professional with appointment times that fit your schedule.



**Make your mental health a priority.**

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



[firststophealth.com](https://firststophealth.com) | (888) 691-7867