

# Reasons to use First Stop Health Virtual Therapy

Short-term therapy is available for  
unbiased, confidential support!



Depression  
& Anxiety



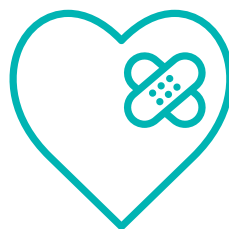
Work/Life Stress



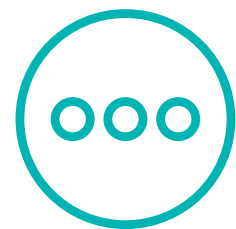
Substance Use



Family &  
Relationships



Grief & Loss



And More

## Talk to a Therapist

Schedule your visit in our free mobile app, at [fshealth.com](https://fshealth.com)  
or call 888-691-7867.

*“My therapist is fantastic. I give her a 5 out of 5. She is very calm, kind and understanding. She’s really helped me pull through a really hard time.”*