



We're here to listen and help

Long days and stressful situations can take a toll over time. But your mental health matters—just as much as the care you give others.

- ✓ 50-minute video visits so you can talk things out
- ✓ Confidential care from licensed therapists
- ✓ Scheduled visits, including nights & weekends

For emergency situations, dial 911.



Download the app

Skip the piles of paperwork!
Schedule your first therapy visit
in just a few taps.

*You can also visit firststophealth.com
or call 888-691-7867*

You care for others every day—now it's time to care for yourself.

First Stop Health Short-Term Therapy provides short-term, solution-focused support to help you get back to feeling like you.

