



We're here to listen and help

The holidays can be stressful — especially when it comes to the shopper rush. We're here to support your mental health so you can find joy in the season, too.

- ✓ 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 virtual therapy provides solution-focused support to help you get back to feeling like you.

