



Feeling Burned Out? You're Not Alone.

We're here to listen and help

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

- ✓ Confidential care via video
- ✓ Expert support from licensed therapists and certified health coaches
- ✓ Scheduled visits, including nights & weekends
- ✓ It's free to use!

For emergency situations, dial 911.



Download the app

Skip the piles of paperwork!
Schedule your first 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 Mental Healthcare provides compassionate, confidential support to help you get back to feeling like you.

