



Put your mental health first this year!



Ready to kick off 2026 with a fresh start on how you care for your mental health? Try First Stop Health Virtual Therapy! Here's how we can help:



Visits take place wherever you are via video for solution-focused therapy sessions.



Talk with a licensed therapist who provides expert guidance and support through life's challenges.



Support for issues big and small. Get help for anxiety, depression, substance use, work/life stress, grief, and more.



Get the app

Looking for an easier way to get compassionate care?
Download our app for care that's available wherever you are!
Scan to get started!