

Put your mental health first this year!



Ready to feel your best this year? Start 2026 off right by taking care of your mental health with your First Stop Health Virtual Care benefit.



Confidential care when you need it.

Get confidential support from our team of compassionate providers. Our availability includes nights and weekends.



Support for your mental health.

Schedule with a compassionate provider for care.

- Therapists help with anxiety, depression, grief, trauma, and more.
- Health coaches help set and achieve goals like sleeping better or quitting smoking.
- Primary care providers can diagnose and provide care plans (including prescriptions* when appropriate) for anxiety, depression 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!