



The holiday season can be tough — we are here for you.

The holidays aren't always joyful for everyone — if you're feeling overwhelmed, lonely, or just need someone to talk to, know that you don't have to go through it alone.

Reasons to reach out

- Family conflict
- Parenting stress
- Loneliness
- Social anxiety
- Burnout
- Substance use
- Holiday blues
- And more

When the holidays feel heavy, let us help carry the load.

First Stop Health Mental Healthcare is here for you. Get compassionate support and guidance through life's challenges. **Schedule today!**



Download the app

Use the app to schedule a visit in just a few taps.

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