



A healthy mind is just as important as a healthy body

Aging brings wisdom, experience, and new opportunities—but it can also bring challenges like loneliness, stress, or changes in mood. This Healthy Aging Month, take a step toward emotional wellness.

Reasons to seek support

- Navigating life transitions
- Managing anxiety or depression
- Coping with grief and loss
- Support for feelings of loneliness
- And more

Mental health matters at every age

First Stop Health therapy is here to support you. Get solution-focused guidance through life's challenges. Every visit is confidential.

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*