



# Summer self-care starts here



Scan for care!  
888-691-7867  
[firststophealth.com](http://firststophealth.com)



## Travel stress and anxiety

Vacation is a time to relax! If you're having a hard time unwinding, a licensed therapist can help guide you.



## Show yourself some love

Everyone deserves to feel confident and comfortable in their own skin. Licensed therapists are here to help.



## Care that is focused on you

Even when the sun is shining, your mental health needs support. Licensed therapists are ready to focus on you.