



Finding balance with mental health support

Life can be demanding — from long work hours or stressful situations to financial pressures and family responsibilities. You don't have to face it alone.

First Stop Health virtual therapy is a confidential, convenient tool available to you.

- Support from a licensed therapist
- Solution-focused support
- Visits available via video

Seeking support doesn't have to mean something is wrong. Take care of your mental health — just like you take care of your health and those around you.

For emergency situations, dial 911.

Reasons to reach out.



Navigating new parenthood



Relationship issues



Substance use



Anxiety and depression



Life changes and worries



Stressful situations



Grief and loss



And more