

Back-to-school support is here!

Back-to-school season can bring new stressors, from early mornings to after school routines. Mental health providers at First Stop Health are here to help!



Compassionate, confidential care

Talk with a mental health professional in a judgment free and private setting.



Support for whatever you're going through

From stress to burnout, we're here to help you navigate it all.



A safe place for your mental health

Talk with a provider from the comfort of your home, so you can focus on you.



Visits that work around your schedule

Get the care you need when you need it — including evenings and weekends.



Get the app

Looking for confidential care? Scan to get started!
You can also visit our website or call to get care.