



Support for Your Mental Health

Feeling stressed? Dealing with an unexpected life change? Whatever you're going through we're here to provide a safe place for you to talk it out. Use **First Stop Health virtual therapy** for confidential support from a licensed therapist.



Visits take place wherever you are via phone for immediate help or short-term, solution focused therapy sessions.



Get support for issues big and small. Talk with a therapist for short-term therapy to work through:

- Depression & Anxiety
- Work/Life Stress
- Substance Use
- Relationship Issues
- Grief & Loss
- And More



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