



First Stop Health.

# Reset before the holiday rush



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care!

888-691-7867  
[firststophealth.com](https://firststophealth.com)



## Work through change

As the days get shorter, you might be worried about the winter blues. Talk with a mental health expert about how to manage these changes.



## Get back to your routines

Not sure how to get back to your normal routine after your summer schedule? Let's make a plan together!



## Prepare for the holiday season

With the busy holiday season and end of year approaching, mental health experts can help you with stress, anxiety, and more.