



Reset before the holiday rush



**Scan for
care!**

888-691-7867
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.