



# Summer self-care starts here



**Scan for  
care!**

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



## **Travel stress and anxiety**

Vacation is a time to relax! If you're having a hard time unwinding, a mental health expert can help guide you.



## **Recharge your social battery**

Mental health experts are here to help you manage social anxiety, burnout, stress, and more.



## **Care that is focused on you**

Even when the sun is shining, your mental health needs support. Mental health experts are here to help.