First Stop Health

firststophealth.com | mobile app | (888) 691-7867



Support for Your Mental Health

Feeling disconnected? Constantly stressed or overwhelmed? Whatever you're going through we're here to provide a safe place for you to talk it out. Use **First Stop Health Mental Healthcare** for confidential support from a mental health expert.



Individual counseling

- Talk through what's on your mind
- Get unbiased advice for new perspectives
- Learn how to overcome challenges



Couples therapy

- Learn ways to communicate better
- Reconnect and understand needs
- Rebuild trust with one another



Family therapy

- Learn ways to communicate as a family
- Resolve disagreements
- Navigate big life changes together

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

First Stop Health services are not intended to constitute a health plan. *Providers at First Stop Health do not prescribe controlled substances. Costs according to your medical plan may apply for prescriptions.