

Support for your mental health.

Get convenient care for your mental health and wellbeing from where you're comfortable.

Support for your mental health.

Ready to feel your best? Get matched with a compassionate provider for care.

- Coaches help you avoid burnout, improve stress management and more.
- Therapists help manage anxiety, depression, grief, relationship issues and more.
- Medical providers can diagnose and provide care (including prescriptions* when appropriate) for anxiety, depression and more.

Confidential care when you need it.

All care is completely confidential. Our availability includes nights and weekends.

Activate your account

firststophealth.com | 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.*