

Reasons to use First Stop Health Virtual Counseling

You don't have to spend months or years in therapy to get unbiased, confidential support. Short-term counseling is available!



Depression
& Anxiety



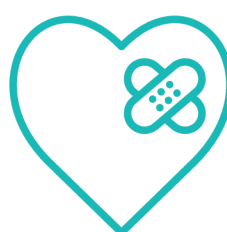
Work/Life Stress



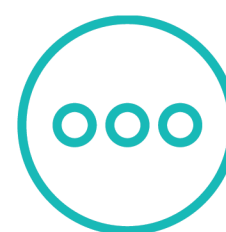
Substance Use



Family &
Relationship
s



Grief & Loss



And More

Talk to a Counselor

Schedule your visit in our free mobile app, at fshealth.com
or call 888-691-7867.

"My counselor is fantastic. I give her a 5 out of 5. She is very calm, kind and understanding. She's really helped me pull through a really hard time."