

Support for your mental health



Convenient visits

Whether you're at home, work or on vacation, you can talk to your provider.



Prescriptions

Your doctor can provide prescriptions*, to support your mental health, when appropriate.



Providers you'll love

Our care team includes licensed therapists and board-certified doctors and coaches.



Confidential support

All care from First Stop Health is completely confidential and your information is kept private.



scan to get care.

Ways to use this benefit!

- Anxiety & Depression
- Eating Disorders
- Parenting Support
- Stress
- Addiction
- Grief & Loss
- Trauma
- Burnout
- Couples & Family Therapy
- Self-Esteem
- Anger Management
- And More