

Mental Health Support with Virtual Primary Care

Just like physical health, taking care of your mental health is important. Here's how one patient used virtual primary care to get compassionate care for her mental health.



Sarah is a 34-year-old woman who had been dealing with anxiety that interfered with her everyday routine. She scheduled a First Stop Health Virtual Primary Care appointment.



During her visit, Sarah talked with her doctor about how she had been feeling. Her doctor asked questions and recommended that she takes an anxiety screening, which indicated a moderate level of anxiety.



Together they made a plan to address her anxiety, which included a prescription. Sarah left her visit feeling confident and hopeful. She scheduled a follow-up visit to check in with her doctor in a month.

Get support for your mental health today. Little Sprouts provides virtual primary care to all employees and their immediate family members for FREE.



Learn More

fshealth.com/virtual-primary-care-patients

If you are on Medicare or Medicaid, First Stop Health may not be the best option for you.

*Costs according to your medical plan may apply for prescriptions, lab orders, specialist appointments and other non-FSH services. First Stop Health doctors do not prescribe controlled substances.