

Talk to a Counselor via Phone or Video



Virtual Counseling from Assure

Sometimes talking about it can make all the difference. With First Stop Health from Assure, you can talk to a counselor via phone or video.



Talk to a counselor

Sometimes, you just need someone to talk to. Talk to a licensed counselor to work through:

- Depression & Anxiety
- Work/Life Stress
- Family & Anxiety
- Substance Use
- Grief & Loss
- And More

Visits occur on your time! Get support via phone or video anytime between 8 a.m. to 8 p.m. Monday-Friday.



No cost to you

There are no fees or copays! Assure foots the bill.



Care for your family

Provided to employees enrolled in the medical benefit and your covered dependents.

"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."

– First Stop Health Member

Get the app 



Use the last 4 digits of your SSN to log in.