



Talk to a counselor from the comfort of home.

Virtual Counseling from GVEC

Sometimes you just need someone to talk to. First Stop Health counselors are available to provide support anytime, anywhere.



Talk to a Counselor

We're here to listen, and we're here to help. Request a visit to talk through:

- Depression and Anxiety
- Work/Life Stress
- Grief and Loss
- Substance Dependency
- Family and Relationships
- And More



No cost to you

GVEC provides First Stop Health to all employees and their immediate family members at no cost to you.

You have telemedicine, too.

You have 24/7 doctor access! Get treatment via phone or video for flu, sinus infection, UTI and more. Prescriptions* available.

*Doctors can write prescriptions when needed. Prescription costs are applicable to your medical plan.

"Talking to the counselor helped validate my feelings and form a plan to address my issues. I can't thank the counselor enough for getting me through a difficult time!"

– Sandee from Utah

Get the app ↓



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