



**Talk to a counselor from
the comfort of home.**

Beginning January 1, 2022!

Virtual Counseling from The Gideons International



**The Gideons
International**

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



Talk to a Counselor

Talk to a counselor via phone or video when and where you're most comfortable. Visits occur between 8 a.m. and 8 p.m. Monday through Friday.

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



No cost to you

The Gideons International provides First Stop Health to all employees and their immediate family members at no cost.

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 ↓



You can also log in at fshealth.com or call 888-691-7867.