

# Talk to a Counselor via Phone or Video



## Virtual Counseling

Sometimes talking about it can make all the difference. With First Stop Health, 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! TNAA foots the bill.



### Care for your family

Provided to all employees and your immediate family members.

"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 ↓

