



Short-Term Mental Health

A solution-focused strategy.

When it comes to mental health, many people don't know where to start to get the support and care they need.

First Stop Health makes accessing mental healthcare easy. Scheduling is available 24/7 for Short-Term Mental Health and patients can visit with a mental health provider as soon as next day. Visits are conducted via phone, app, or web.

Short-term, solution-focused support rooted in cognitive behavioral therapy provides patients with skills and coping mechanisms for things like:

- Stress
- Depression
- Anxiety
- Grief
- Family or workplace issues
- Substance issues
- And more



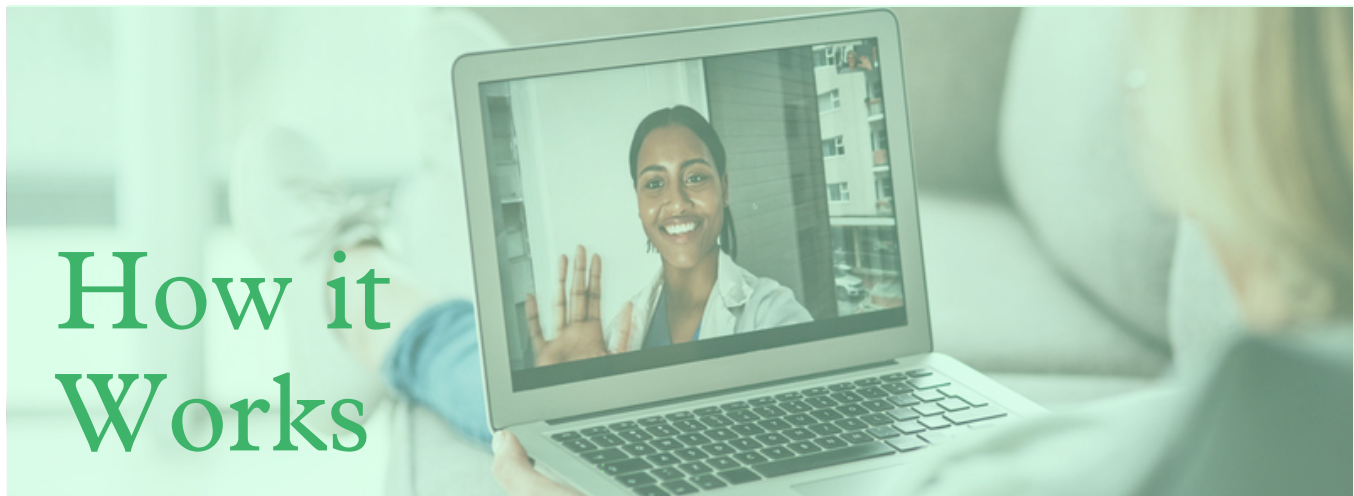
A virtual care solution for mental health. We achieve an average 28% utilization.



“My counselor is very supportive and encouraging. He gives me tangible actionable steps to reach my goals and allows me to express myself freely.”

• *First Stop Health patient*





1. Patients initiate consults using the First Stop Health app, website, or phone
2. Experienced care representatives assess patient concerns
3. Consults with an appropriately licensed therapists are scheduled
4. If patients experience more acute or longer-term mental health concerns, counselors can refer them to mental health specialists in their health plan network.

Features

- Therapists support patients for 2-5 visits per case with next-step recommendations should longer term care be needed
- Providers help with such mental health issues as stress, depression, anxiety, grief, marital, work and family issues, and alcohol and drug dependencies.
- Additional care, if appropriate, can be referred/coordinated with mental health specialists.
- Providers work with patients to determine the number of visits appropriate to resolve an issue.
- 24/7 therapist support available for 1 session and within 30 minutes for on-call crisis support.

Benefits

- Single virtual care solution for mental and physical health
- Zero cost for employees and their family members
- One customized onboarding and year-long hyper-personalized employee engagement campaigns
- Integrated reporting and quarterly review meetings