

Virtual Counseling FAQs



Wondering how to use First Stop Health Virtual Counseling? Here's a breakdown.



How it works.

First Stop Health offers short-term solution focused counseling. You will:

Get paired with a counselor that best fits your needs, after an initial assessment call.

Work together to learn coping strategies and develop healthy habits to adapt to challenges.

Have our support! In the event that you need more long-term support, our team can refer you to care.



Is counseling for me?

You don't have to spend months or years in therapy to get mental health support.

- Short-term counseling takes a more solution-oriented approach.
- You'll focus on identifying immediate solutions to the issue you are facing.
- All visits are completely confidential!

The number of visits you have will depend on your progress and level of need.



About your benefit.

Mastronardi Produce provides First Stop Health to all employees and their immediate family members. A visit costs \$0. **Scan to get care!**