



Our counselors are here for you.

Some days can be tougher than others. But you don't have to go through it alone. You have First Stop Health Virtual Counseling, which:

Includes your eligible family members



Does someone in your family need to talk? They have access, too!

Is free & confidential



Talk to a counselor via phone or video to get unbiased support.

Can provide support for:



- Anxiety & Depression
- Work/Life Stress
- Relationship Issues
- And More

Carlton Fields provides First Stop Health Virtual Counseling to benefit-eligible employees and immediate family members for FREE.



Get the app



fshealth.com | 888-691-7867