

# 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 when requesting a visit.
- Work together to make sense of difficult situations, 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.

Schedule your first visit in our free mobile app, at [fshealth.com](https://fshealth.com) or just call 888-691-7867.



## Is short-term counseling for me?

You don't always have to spend months or years in therapy to get unbiased, confidential support.

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

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

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