

Talk to a Counselor via Phone



Virtual Counseling from Texas Operators Association

Sometimes talking about it can make all the difference. With First Stop Health from Texas Operators Association, you can talk to a counselor via phone.



Talk to a counselor

Sometimes, you just need someone to talk to. Get short-term counseling 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 anytime between 8 a.m. to 8 p.m. Monday-Friday.

No cost to you

There are no fees or copays! Texas Operators Association 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 

