

# 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 benefits-eligible 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** ↓

