

Reasons to use First Stop Health Virtual Counseling

Texas Operators Association provides short-term virtual counseling to all employees and their immediate family members for FREE.



Depression &
Anxiety



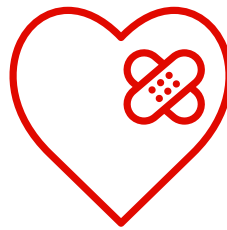
Work/Life Stress



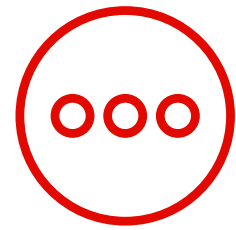
Substance Use



Family &
Relationships



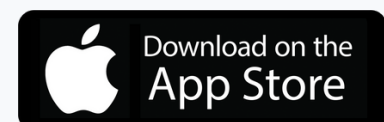
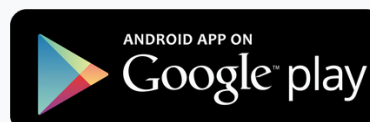
Grief & Loss



And More



Talk to a Counselor



“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.”