



# Talk to a Counselor via Phone or Video

## Virtual Counseling from Chico State Enterprises

Sometimes talking about it can make all the difference.

**As of January 1st, 2024**, with First Stop Health from Chico State Enterprises, you can talk to a counselor via phone or video.



# Chico State Enterprises



### 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 or video anytime between 8 a.m. to 8 p.m. Monday-Friday.



### No cost to you

There are no fees or copays! Chico State Enterprises foots the bill.



### Care for your family

Provided to all benefit 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



## VIRTUAL ACCESS TO U.S.-BASED LICENSED COUNSELORS

First Stop Health's virtual counseling solution makes everyday healthcare even easier for Chico State Enterprises benefit-eligible employees!

- Use the FSH mobile app, online dashboard, or call 888-691-7867 to request your counseling visit 24/7
- FREE to use; there are no copays or consultation fees to use this service
- Visits can be completed by phone or video
- Your immediate family members are also eligible to use the service
- No online registration is required to access a counselor, just call us!

Reasons to speak with a counselor:

- stress
- anxiety
- depression
- grief
- marital/relationship issues
- drug/alcohol use
- and more

### **Mobile App**

First Stop Health's mobile app is available to download from the App Store or Google Play store. Login to request visits in seconds and to add your family members to the benefit!

### **Family Members Included**

Up to seven family members (e.g., spouse, parent, child, etc.) can be included on your plan. Like you, your family members can call as often as they need. Be sure to add them to the FSH benefit via the mobile app, online dashboard or over the phone.

### **First Stop Health Counselors**

All FSH counselors are U.S.-based and licensed to practice in the state from which you are calling.