



Mental Health Support



Mental Health

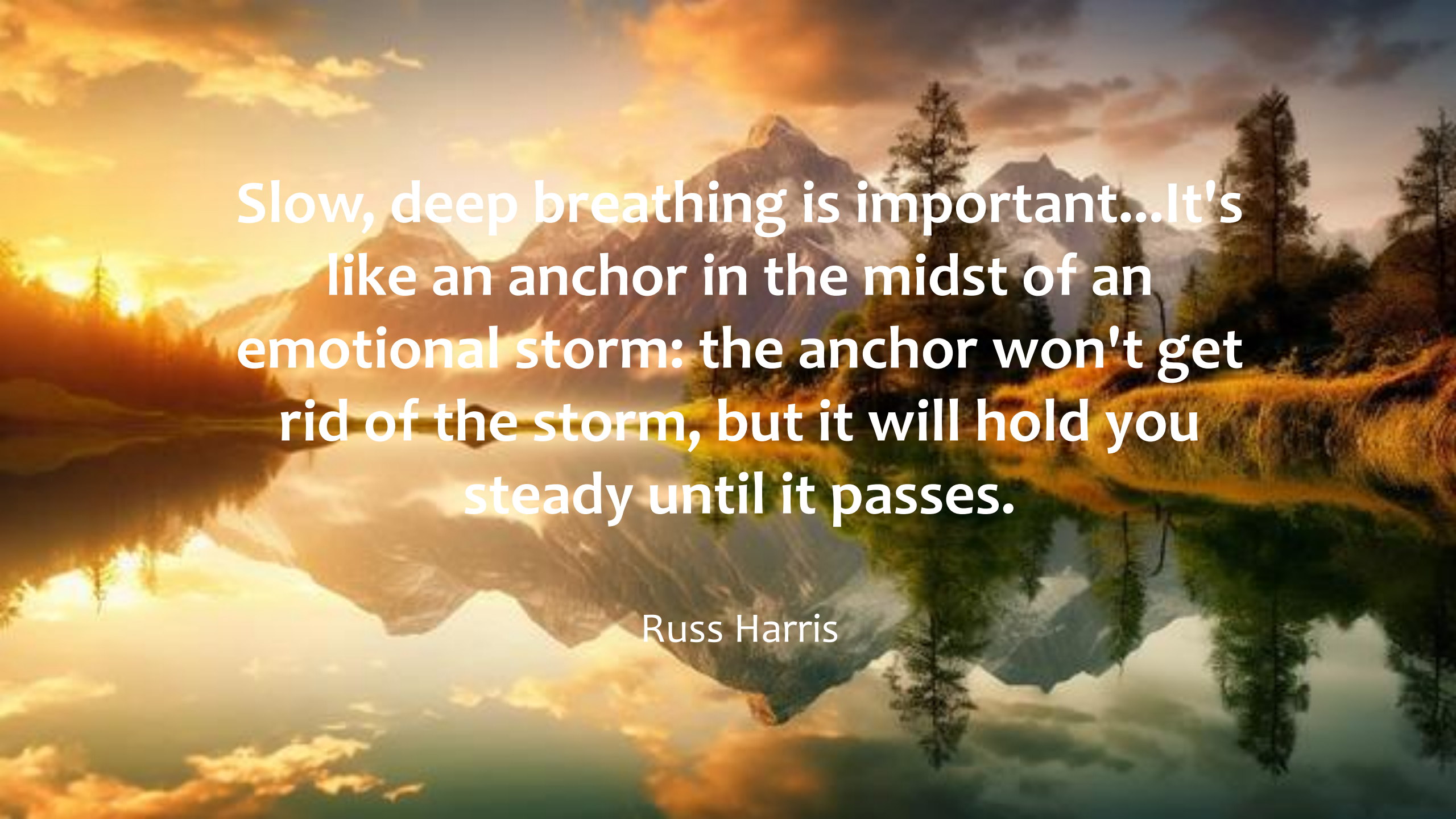
- MMT is a people-focused company committed to supporting our team members by fostering an open and honest workplace culture that encourages conversations about mental health
- Achieving a work/life balance is critically important for your overall well-being
- Leverage our Employee Assistance Program (EAP) with confidential counseling services available 24/7 for all team members and their families

4 ways to improve your mental health

- 1 Take Action**
Try advocating for causes that are important to you – this can be therapeutic in its own way!
- 2 Find Support**
Whether it's friends, family, community spaces, or therapy, building a support system can help.
- 3 Set Boundaries**
Create a healthier relationship with technology by limiting your screen time.
- 4 Develop Skills**
Invest some time figuring out the best coping skills to help you healthily manage your feelings.

Virtual Primary Care & Virtual Counseling Introduction



A scenic landscape featuring a calm lake in the foreground that perfectly reflects the surrounding environment. In the background, there are majestic, snow-capped mountains under a dramatic sky filled with golden and orange clouds, suggesting a sunset or sunrise. Several tall, dark evergreen trees stand on the right side of the frame. The overall mood is peaceful and serene.

Slow, deep breathing is important...It's
like an anchor in the midst of an
emotional storm: the anchor won't get
rid of the storm, but it will hold you
steady until it passes.

Russ Harris

3 Mindfulness Practices



**Practice
Presence**



**Actual
Self-Care**



**Slow
Down**

Practice Presence by Checking-In

Responding vs. Reacting



What Am I Feeling Right Now?

Sometimes our bodies take over even when our minds have the right idea...



H. A. L. T.

hungry angry lonely tired

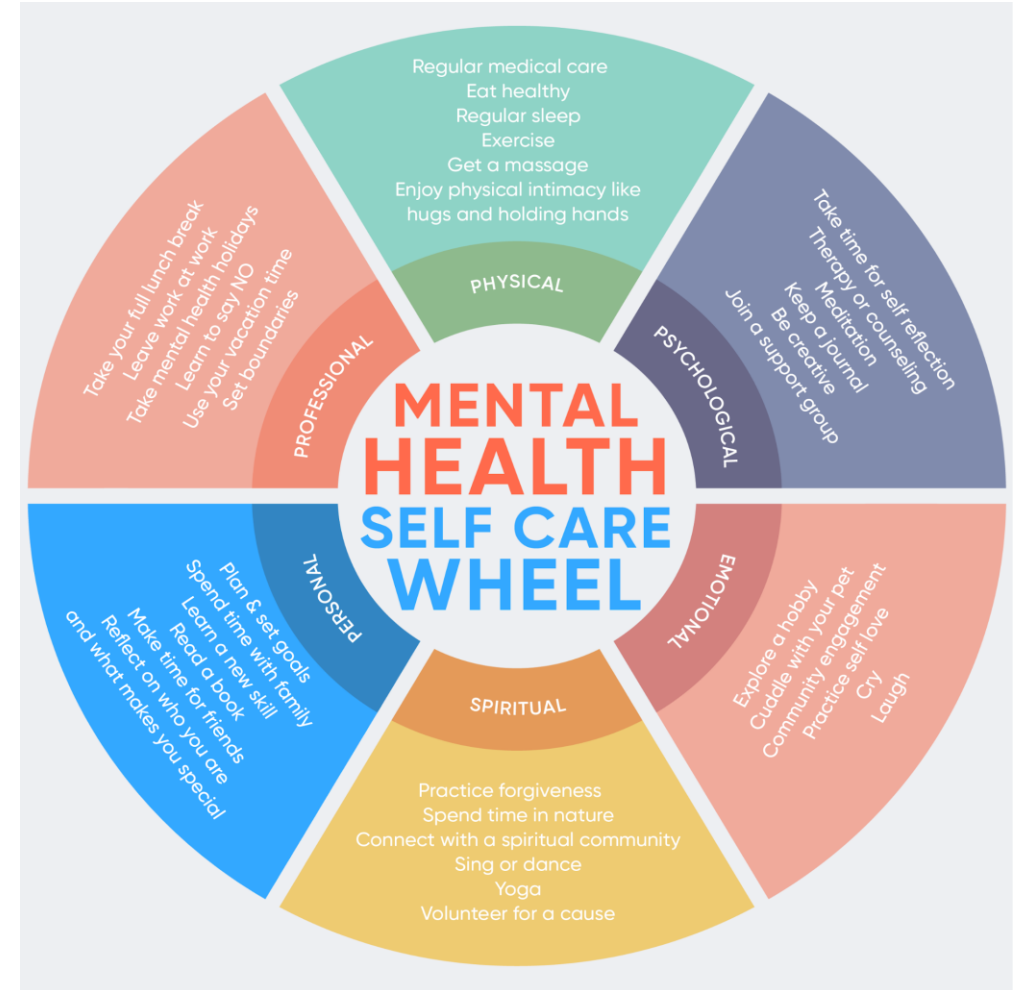
Use the H.A.L.T. method to be mindfully checking your basic needs when you're feeling anxious or impulsive

Moving our Mental with Self Care

Treat Yourself vs. Nurture Yourself



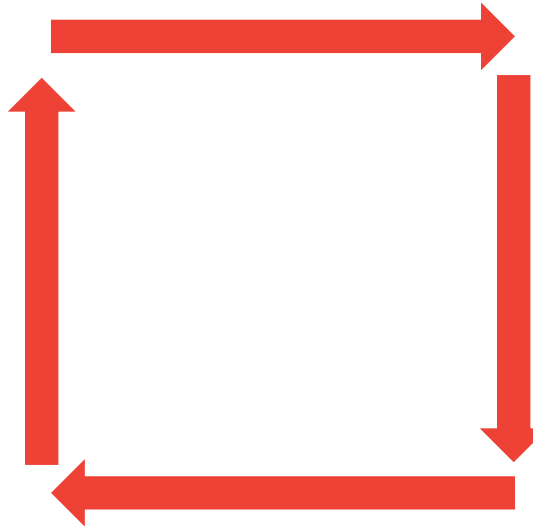
What is self-care that nurtures?
Sometimes it is a massage...and other times it's washing the dishes

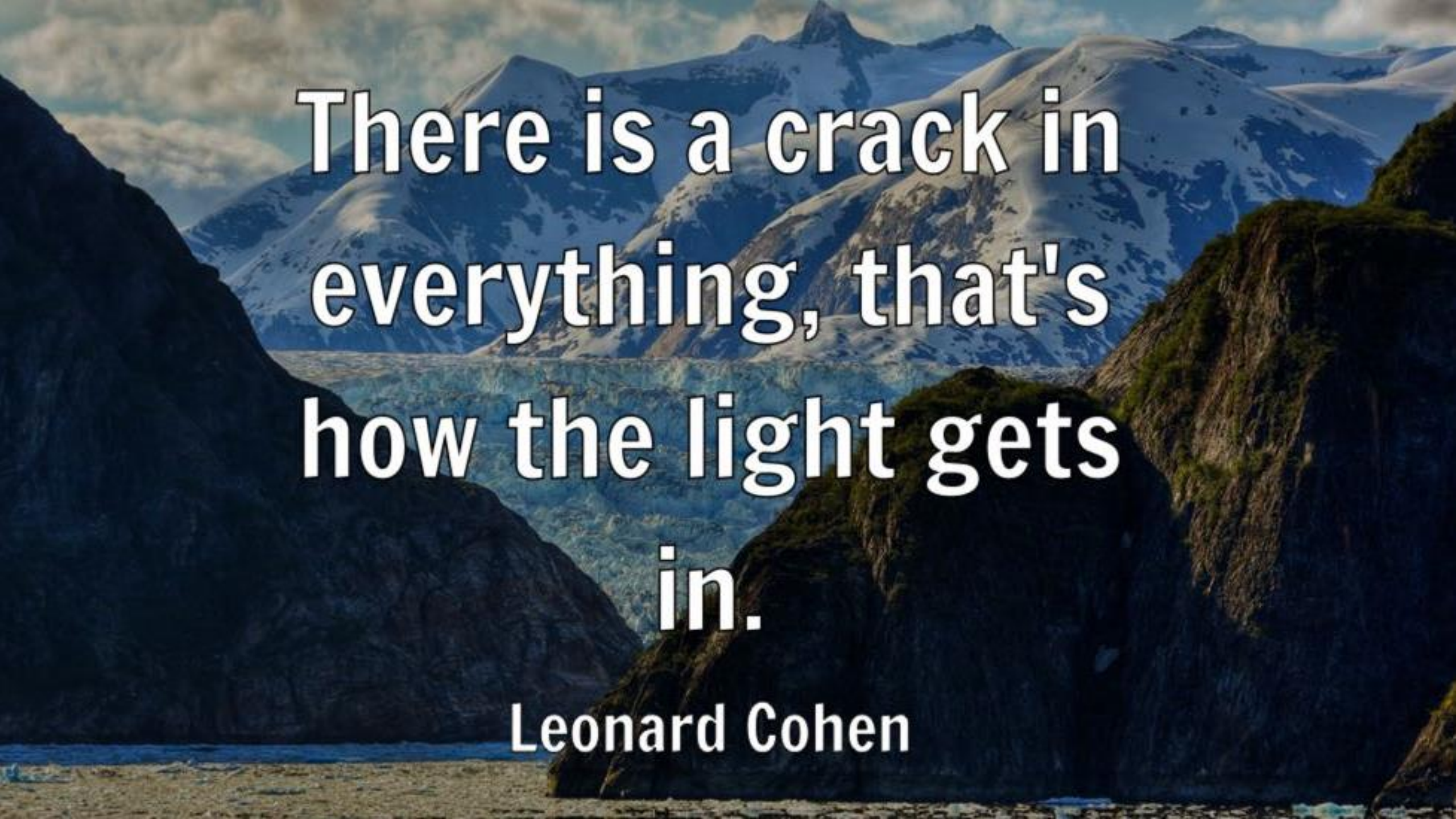


Slow Down

One of the most powerful stress management tools that exists is with us ALL THE TIME... our breath

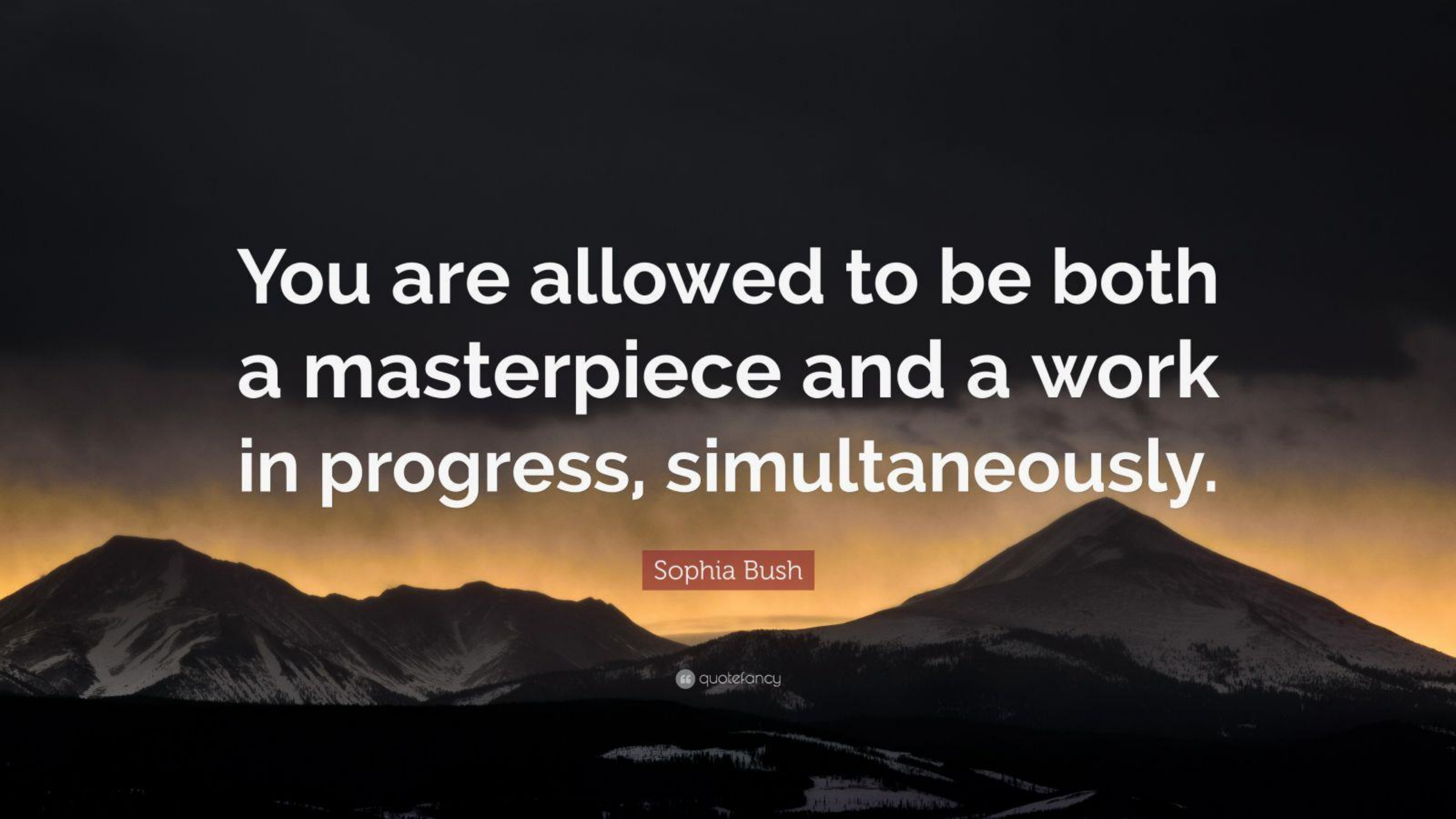
3-Minute Box Breathing Exercise



A scenic landscape featuring snow-capped mountains in the background, a glacier in the middle ground, and dark, rocky cliffs in the foreground. The sky is blue with some clouds. The text is overlaid on the image.

There is a crack in
everything, that's
how the light gets
in.

Leonard Cohen



**You are allowed to be both
a masterpiece and a work
in progress, simultaneously.**

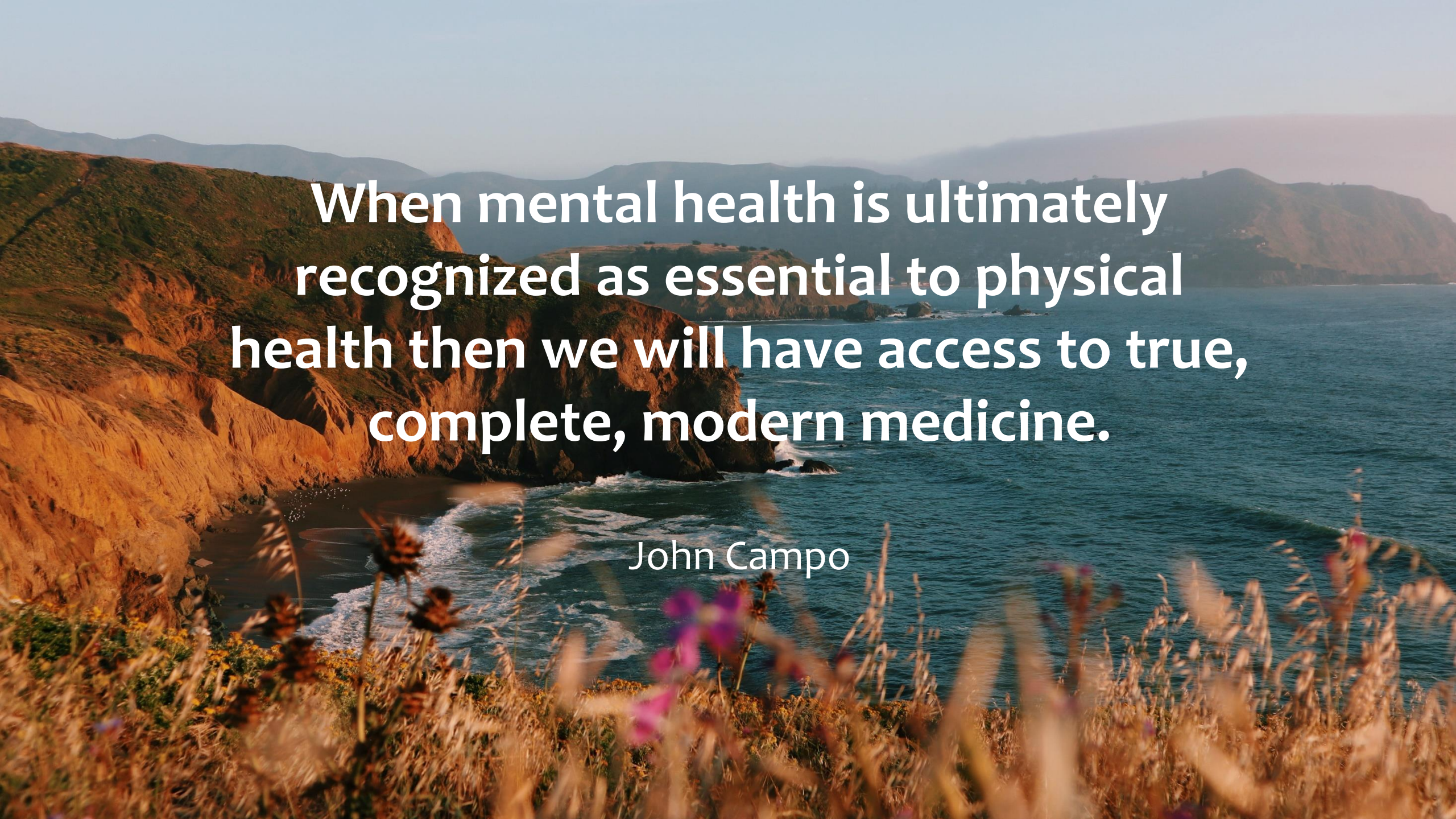
Sophia Bush

quote fancy

Changing How We Think About Mental Health



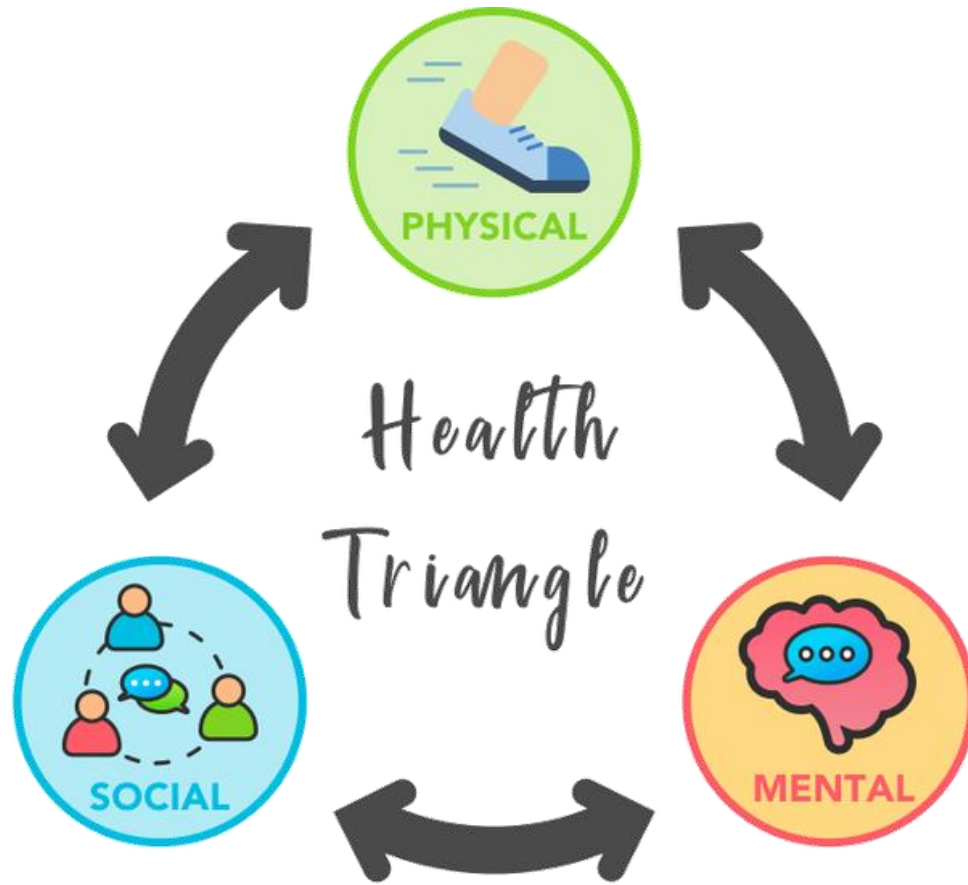
**Everyone
Benefits
From
Mental Health
Support**

A scenic view of a coastline with cliffs, a beach, and the ocean, with wildflowers in the foreground. The text is overlaid on the image.

When mental health is ultimately
recognized as essential to physical
health then we will have access to true,
complete, modern medicine.

John Campo

Changing How We Think About Mental Health



**Mental
And Physical
Health Are
Linked**



About Your Benefits With First Stop Health

Virtual Counseling



Confidential treatment and talk therapy provided conveniently via **phone and video**.



Get connected to a person in **MINUTES** appointments in **< 3 days**.



Easy to use mobile app, web, or phone.



Connect to your First Stop Health PCP for mental health **medication**.



Counselors licensed in **50 states**. Use FSH from home, work, or when traveling.



No cost to you or your family members!

Life Stress

Family Issues

Anxiety

Grief

Parenting Stress

Lifestyle Changes

Relationship Issues

Other Concerns

Work Stress

Depression

Substance Use

Virtual Primary Care



Urgent Care Issues

24/7 doctor access! Get care in minutes for sinus infection, UTI, rash, headache and more.



Prevention & Wellness

Check in on your current health and make a personalized plan to stay healthy and strong.



Mental Healthcare

Diagnosis and prescriptions for depression, anxiety, substance use and more.



Health Management

Support managing asthma, diabetes, hypertension, obesity, high cholesterol, COPD and more.



Referrals, Tests & More

Just like at an in-person visit, our doctors can provide referrals, test orders, documentation and more.



Care for Your Family

Your immediate family members can be included! (Those <18 are welcome to use First Stop Health for urgent care services.)

Using First Stop Health

Patient Experience

Request

Request a doctor or counselor visit via app, web or phone.



Intake

Answer questions about why you'd like to speak to a doctor or counselor, as well as any personal information.



Visit

Doctors will call in < 5 minutes (on average), and a counselor will call at the chosen appointment time in < 3 days.



Follow Up

After your visit, you can access your sick note, Rx, doctor instructions, and rate your visit on the app.



Claim Your Account



Support from a counselor

Your mental health is just as important as your physical health. To help you get the care you need, MMT Ambulance provides virtual counseling to all employees and your immediate family members for FREE.

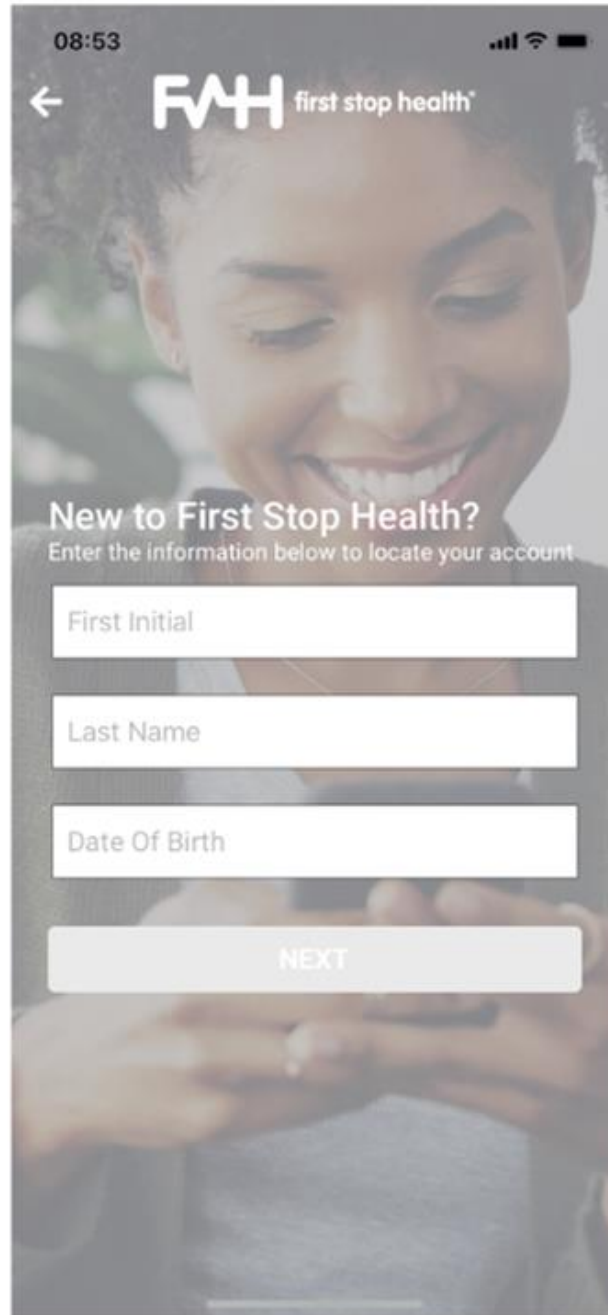
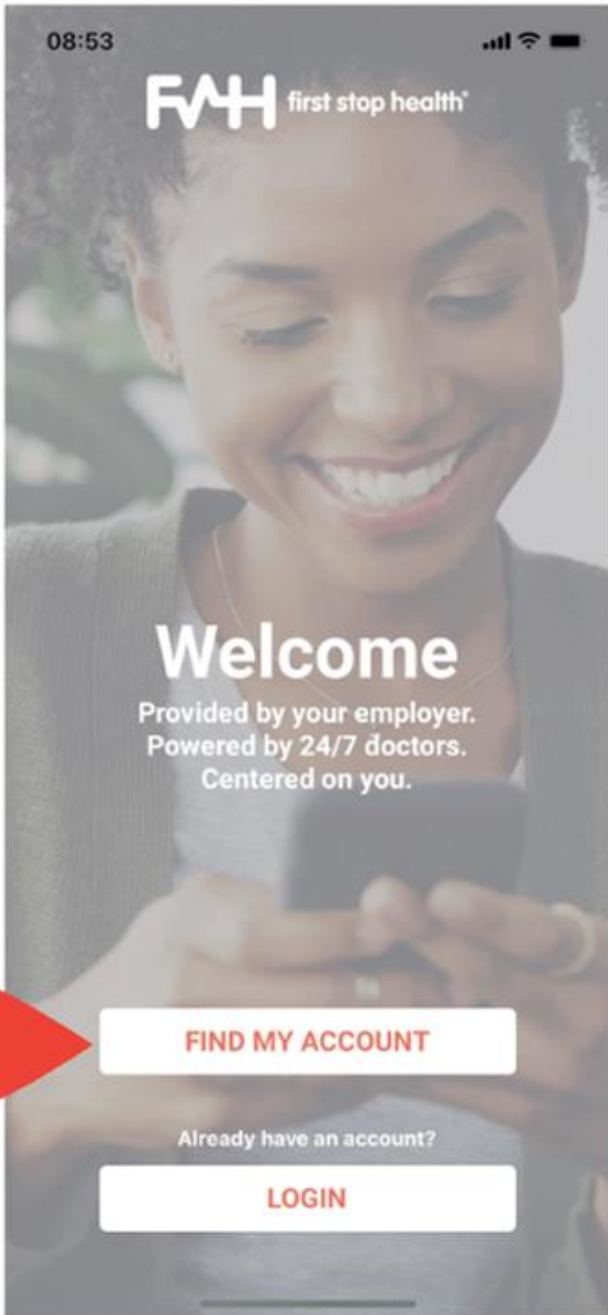
- Talk to a licensed counselor via phone or video
- Scheduled appointments or real-time guidance
- Support for depression, anxiety, stress, relationships, grief and more



You can also call **888-691-7867**
or log in at fshealth.com.

Access your account through:

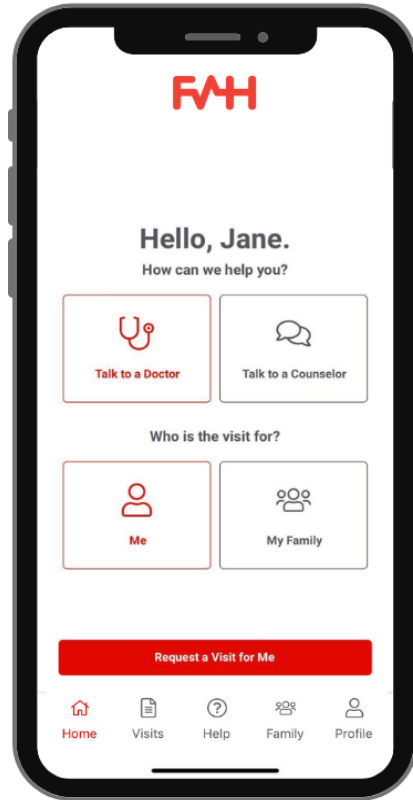
- Our Email Buttons
- Going to fshealth.com
- Downloading the App
- Calling Us



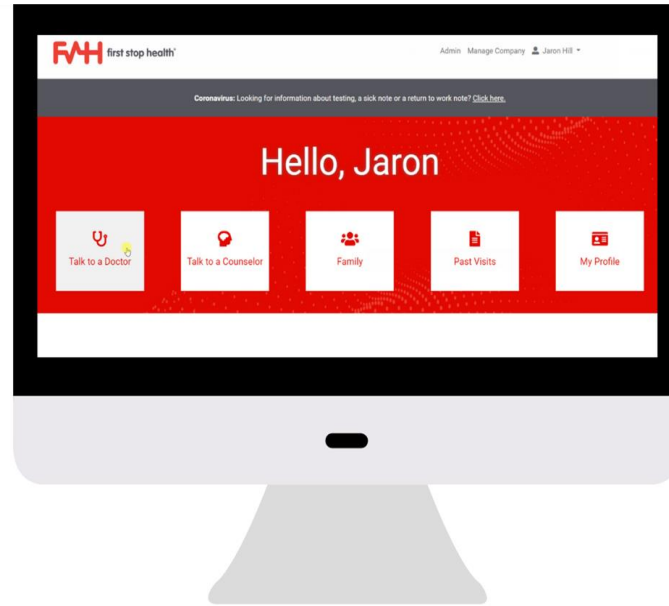
Verify account and create a login with credentials:

- Name
- Date of Birth
- SSN or Employee ID

3 Ways to Request a Visit

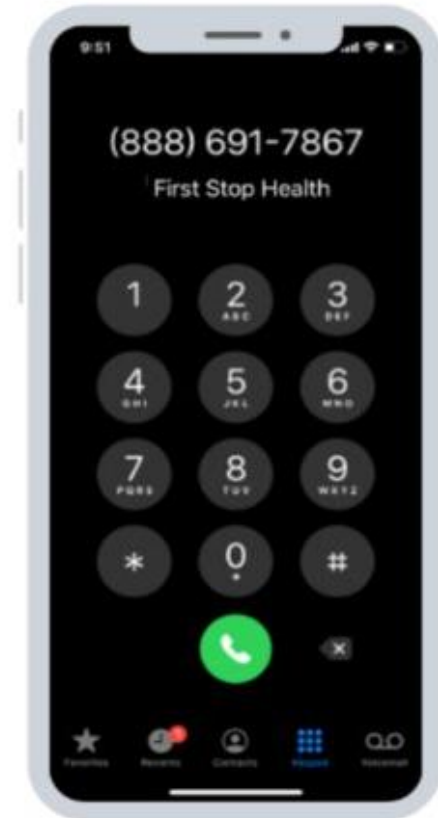


Mobile App



Website

fshealth.com



Call

(888) 691-7867



Patient FAQs

How much does it cost?

Virtual counseling appointments are FREE for you and your dependents – *as you define them!*

Who will I be speaking to?

Licensed, experienced counselors hold masters-level degrees or higher and are available nationwide.

How long will it take to speak to a doctor?

For virtual primary care, you will schedule your visit. If your need is more urgent, a doctor will call back in minutes through virtual urgent care.

For virtual counseling, an operator will call immediately. They will help you to schedule an appointment with a counselor in your related area of concern.

Can I use this when I'm traveling?

Yes! You can use First Stop Health from all 50 states.

What's Next?

For to make an appointment, talk to a doctor, ask questions about a prescription, or any help you may need, our team is available.

- **App:** Download onto your phone!
- **Call:** 888-691-7867
- **Email:** member_services@fshealth.com
- **Website:** fshealth.com