

Support for your mental health.

Get convenient care for your mental health and wellbeing from where you're comfortable. LIMRiCC and your Library provide First Stop Health to medical-enrolled employees and their covered dependents for FREE.



Support for your mental health.

Ready to feel your best? Get matched with a compassionate provider for care.

- Coaches help you avoid burnout, improve stress management and more.
- Therapists help manage anxiety, depression, grief, relationship issues and more.
- Doctors can provide care for your mental health, including prescriptions* for anxiety and depression when appropriate.



Confidential care when you need it.

All care is completely confidential. Our availability includes nights and weekends.

**Activate
your account
starting
12/1/2025!**



*Use the last 4 digits of your SSN
to claim your account!*