

LIMRiCC
The Library Insurance Management and Risk Control Combination

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!

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

firststophealth.com | 888-691-7867

*First Stop Health services are not intended to constitute a health plan. *Providers at First Stop Health do not prescribe controlled substances. Costs according to your medical plan may apply for prescriptions.*