

# SIGN UP FOR FREE GRIEF, CAREGIVER, AND MENTAL HEALTH SUPPORT. DELIVERED VIA TEXT.



Help Texts provides discreet, year-long support through compassionate messages written by grief and mental-health experts.

SIGN UP IN MINUTES.  
FEEL SUPPORTED  
RIGHT AWAY.

Choose the program that fits what you're going through:

- Focusing on your own health and well-being
- Grieving the death of a loved one
- Grieving a pregnancy or infant loss
- Grieving the death of a pet
- Caring for someone with a serious illness
- Navigating burnout and compassion fatigue as a healthcare worker



Personalized texts arrive automatically – no app, no waiting. You can even add friends or family to receive tips on how to best support you.

 **First Choice Health**®

**THIS IS A FREE SERVICE  
PROVIDED BY FIRST  
CHOICE HEALTH EAP AND  
HELP TEXTS.**

**SIGN UP NOW AT [HELPTEXTS.COM/FCHN](https://helptexts.com/fchn) OR  
SCAN THE QR CODE BELOW TO GET STARTED:**

