

Mental health is health.

meta



Counselors are available and accepting new clients.

Bay Cities is providing employees with access to a network of licensed counselors through META's Uber-like app.

Your mental health matters. Talking to a licensed counselor can help you cope with any emotional turmoil you're experiencing, including feelings of **depression, stress, and anxiety**.

META's Uber-like app connects you to a network of available licensed counselors accepting new clients.

It's easy to get started:

1. Download the free app: meta.app/users.
2. Include "Bay Cities" in your META profile
3. Connect to a counselor of your choice for private, secure counseling sessions.



meta.app/users | 833-844-META

