



META's here for the unexpected

meta

Life is full of unexpected events. Nobody's life goes exactly as planned. When you're faced with choices that can change your life, talk to counselor. META Teletherapy is available to connect you to a counselor remotely.

meta.app/students





META's here for adjusting

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It doesn't matter if you're 18, 28, or 58 years old –attending college is a transition period in your life. META provides a private way to receive counseling for students of all types. We'll help you through this, no one else needs to know.

meta.app/students



META's here for addiction

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Don't let your demons interfere with living your life. Addiction is treatable and nothing to be ashamed of. Connect with a counselor through META Teletherapy for private and secure remote counseling through your phone.

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META's here for stress

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You're more than a student. You're an employee, a sibling, a spouse, a parent, a child, a friend. It can become easy to starting losing to the stress. Don't let stress win. Get the META Teletherapy app and connect with a licensed professional for confidential counseling today.

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META's here for relationships



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Relationships are not easy. Whether it's issues with your partner, your roommate, your family, or your friends, talking about it with a counselor is a healthy way to find solutions to conflicts. Join META today to get started.

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META's here for **grief**



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Grief isn't always about loss of life. You can be grieving over a failed relationship, a job loss, or even a significant change in your daily routines. Use META to talk it through with a licensed counselor.

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META's here for depression



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We all feel down from time to time. But if you've been unhappy for while, it may be time to talk about it. META offers the help you want with the privacy you need. Download the app today to connect to a counselor.

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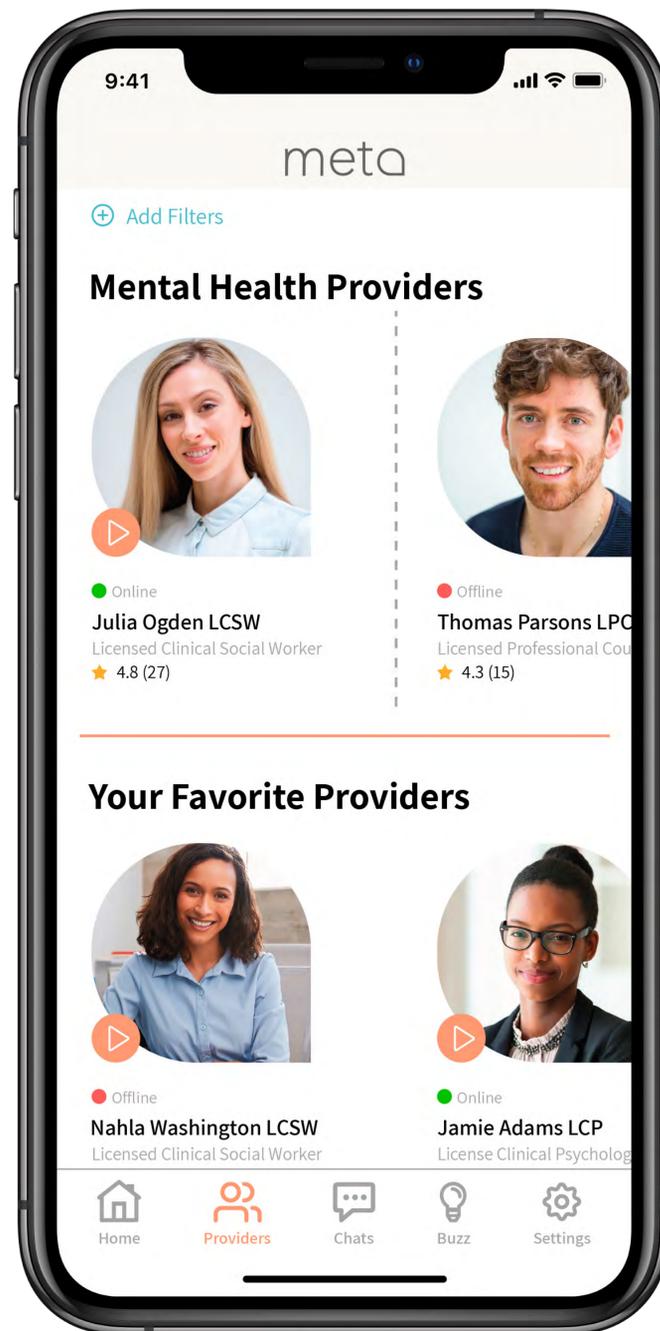
META's here for anxiety

meta

META is the first and only teletherapy app designed specifically for college students. Our platform is built to accommodate you and your life. Try META today and connect to a counselor to get started.

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META's here for
you

meta

Research has shown that therapy is more successful when you're working with a provider you like. With META, you choose your own provider, with the freedom to find a new provider if you want.

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