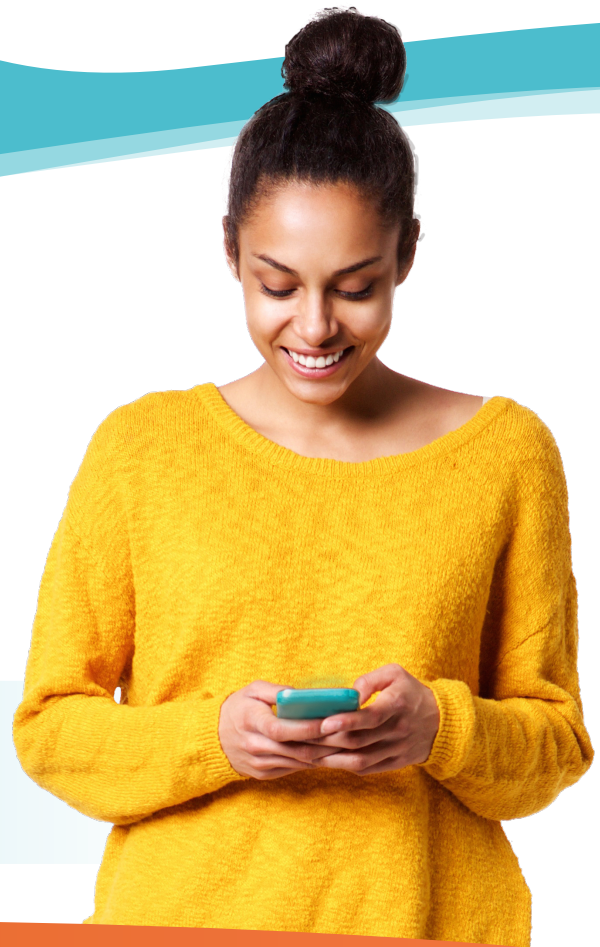


Welcome To
meta

Your Private & Confidential Teletherapy App

META is the only teletherapy app designed to support you throughout your time in college

Choose your own provider and use chat, video, and voice counseling whenever you want from your smartphone.



All Coppin State students are eligible for
online counseling sessions



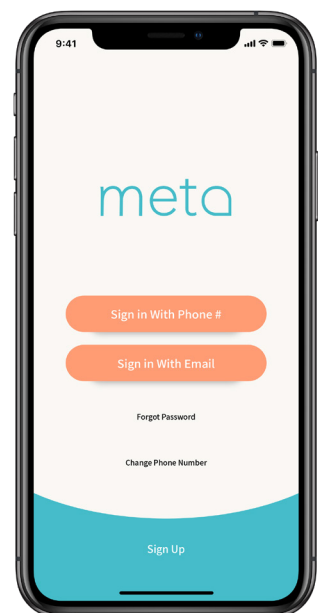
META is 100% Confidential

The contact you have with providers is not shared with anyone, including your school.



Choose Your Counselor

Coppin State students can choose a provider from META's national network for online counseling



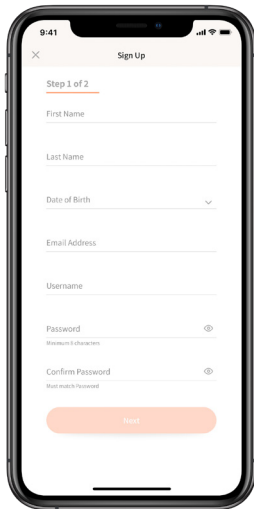
Download META Today
meta.app/students | 833-844-META

Easy to Get Started!

Download the META app by using the QR code below or by visiting meta.app/Students

1

Create Your Profile



You'll need to verify your email and select your campus

2

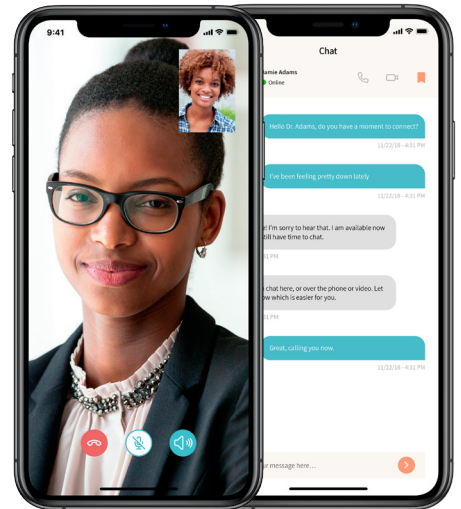
Search for Providers



Use filters to find qualified professionals for you

3

Start a Dialogue



Schedule counseling sessions by chat, video, or voice

College is the right choice. META is here to help.

STRESS, ANXIETY, & DEPRESSION

Learn how to cope when you're feeling overwhelmed

PERSONAL ISSUES

There's no judgment—get advice on whatever is bringing you down

RELATIONSHIP PROBLEMS

Whether you're going through a break-up or fighting with your roommate, let's talk about it

ADDICTION & SUBSTANCE ABUSE

Don't become another statistic—learn how to overcome your demons



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