

Your Private & Confidential Teletherapy App

META is a mental wellness platform that connects you to a marketplace of available providers

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



All CoverPoint Partners employees are eligible for online counseling sessions on the META app



Counselors are Available

You shouldn't have to wait to speak to someone. See counselors currently online for instant connection or leave a message and receive a response in hours.

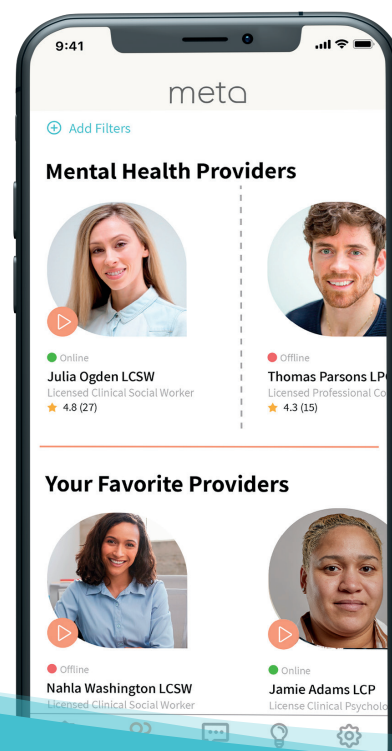


Freedom to Choose

You can choose any provider you like and can change providers at any time. Use the advanced filters to show providers who match your needs.



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

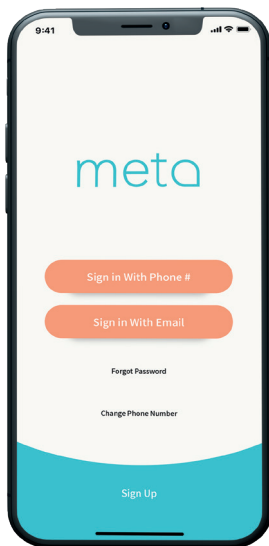


Easy to Get Started!

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

1

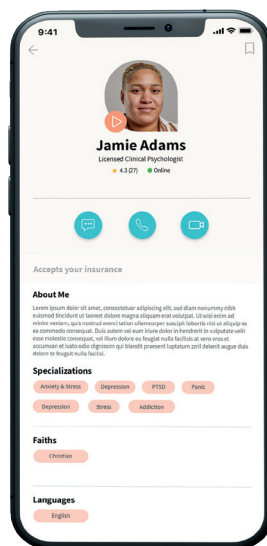
Create Your Profile



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

TRAUMA & GRIEF

Receive the skills to cope with unpleasant memories & loss

RELATIONSHIP ISSUES

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

HOME/LIFE DIFFICULTIES

Get help coming to terms with difficult housing situations or home life



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