

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 Design Institute of San Diego students are eligible for online counseling sessions on the META app



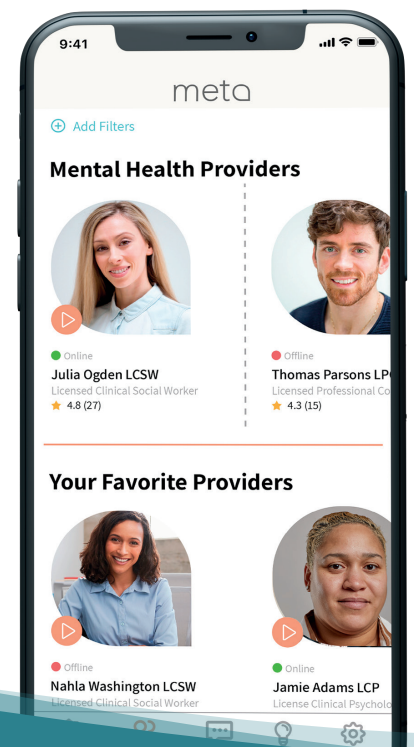
Free Sessions Available

Design Institute of San Diego is covering the costs for a limited number of counseling sessions. Use the advanced filters to show providers offering school-sponsored sessions.



Choose Your Counselor

Design Institute of San Diego students can connect with META providers of their choice for voice, video, and chat counseling.



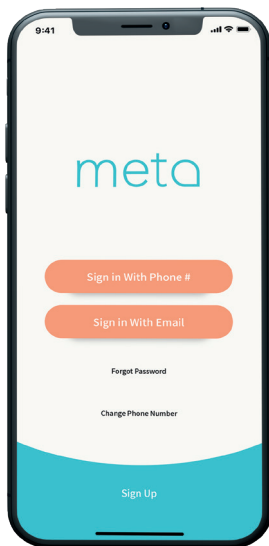
Download META Today
meta.app/students | 833-844-META

Easy to Get Started!

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

1

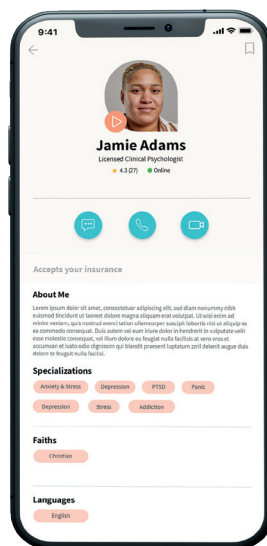
Create Your Profile



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

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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