

# Free Counseling.

META  
Teletherapy

meta



## Private, Secure Counseling on Your Phone

### No Cost to Students for Counseling Sessions

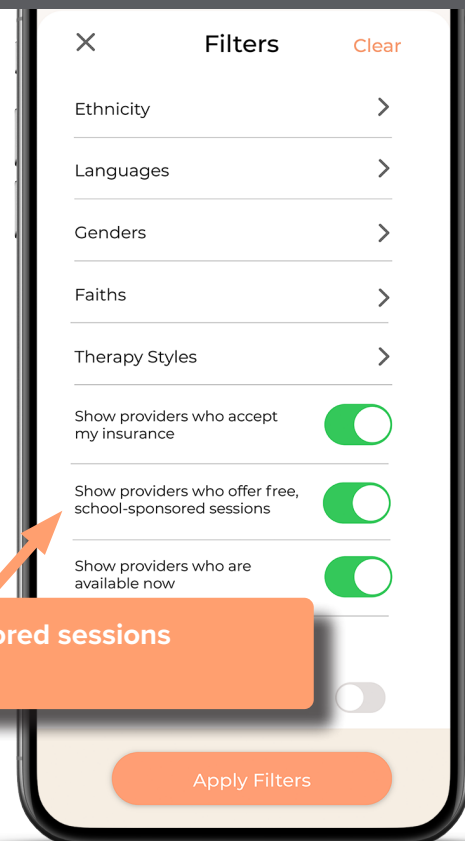
Your mental health matters, especially while in school. Talking to a licensed counselor can help you cope with any emotional turmoil you're experiencing, including feelings of isolation, depression, stress, and anxiety. Design Institute of San Diego will cover the costs for a limited number of counseling sessions on META. Use the advanced filters to show providers offering school-sponsored sessions or who accept insurance.

Download the free app today to get started: [meta.app/students](https://meta.app/students).

[meta.app/students](https://meta.app/students) | 833-844-META



Use the advanced filters to show providers offering school-sponsored sessions or who accept your insurance.

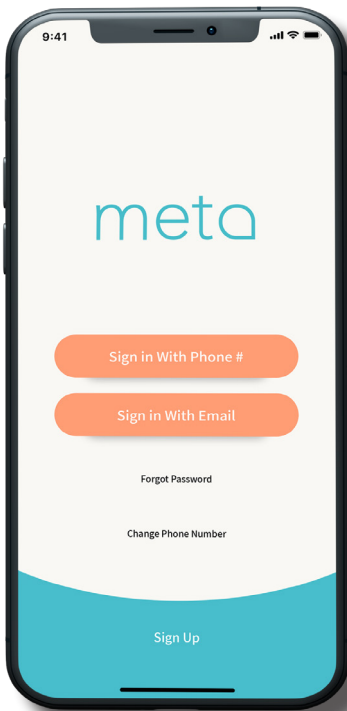


# How META Works

1

## GET THE APP

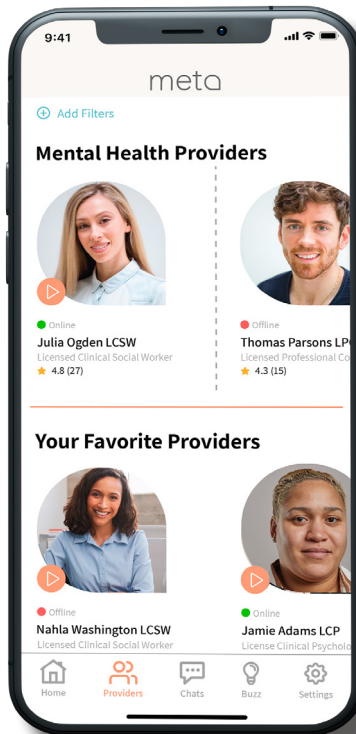
Include Design Institute of San Diego in your profile during account creation.



2

## CHOOSE A COUNSELOR

Filter a network of licensed counselors by gender, language, therapy style and more.



3

## START A DIALOGUE

Connect with your counselor over chat, video, or voice call through the privacy of your phone.



Search “META Teletherapy” in your app store to download



## Your privacy is protected end-to-end.

No one can access your personal information without your consent.

You're not alone - try META today.

