

NEW STUDENT ORIENTATION

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.



META is sponsored by your school
and available to all students



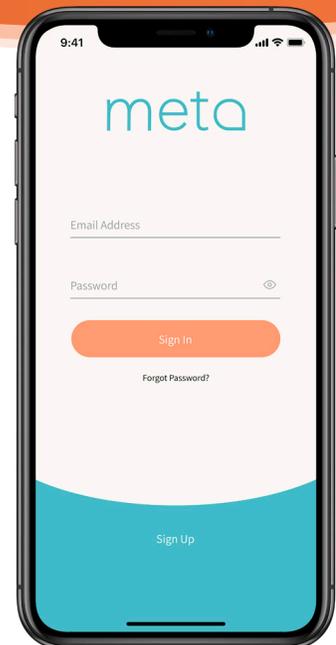
META is 100% Confidential

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



Browse Providers & Receive Initial Consultation for Free

No credit card or health insurance information required until you agree to a session.



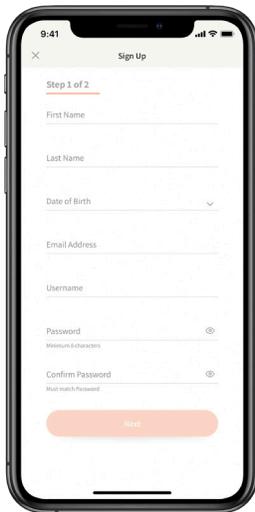
Download META Today
meta.app/students | 833-844-META

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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