

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 LeMoyne-Owen College students are eligible for online counseling sessions



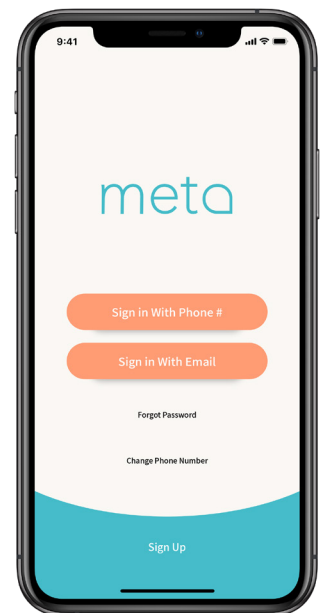
META is 100% Confidential

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



Choose Your Counselor

LOC students can choose a provider from META's national network for voice, video, and chat counseling



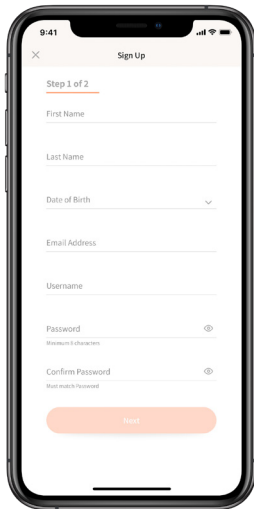
Download META Today
meta.app/students | 833-844-META

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

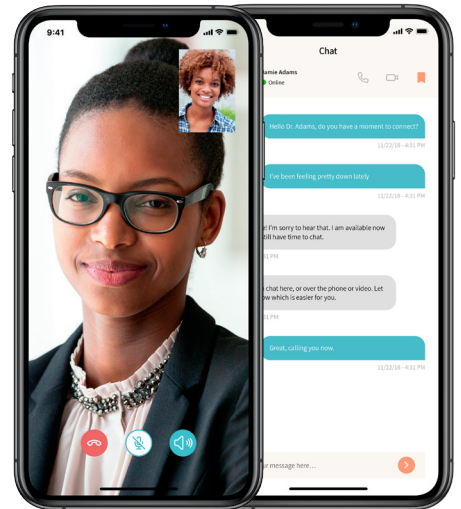
Search for Providers



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

FEELINGS OF ISOLATION

Manage feelings of stress and isolation from COVID and remote learning

RELATIONSHIP PROBLEMS

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

SUBSTANCE ABUSE

Addiction can quickly consume your life. Learn how to control your urges



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