

META's here for depression




meta

We all feel down from time to time. But if you've been unhappy for while, it may be time to talk about it. META offers the help you want with the privacy you need. Download the app today to connect to a counselor.

meta.app/students





META's here for stress & anxiety

meta

You're more than a student. You're an employee, a sibling, a spouse, a parent, a child, a friend. It can become easy to starting losing to the stress. Don't let stress win. Get the META Teletherapy app and connect with a licensed professional for confidential counseling today.

meta.app/students



META's here for relationships



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Relationships are not easy. Whether it's issues with your partner, your roommate, your family, or your friends, talking about it with a counselor is a healthy way to find solutions to conflicts. Join META today to get started.

meta.app/students





META's here for stress from COVID

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Nobody has had to go through a global pandemic before, so there's no shame in feeling overwhelmed or stressed. If you're feeling isolated or depressed, talk to a counselor on META today.

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META's here for adjusting

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It doesn't matter if you're 18, 28, or 58 years old –attending college is a transition period in your life. META provides a private way to receive counseling for students of all types. We'll help you through this, no one else needs to know.

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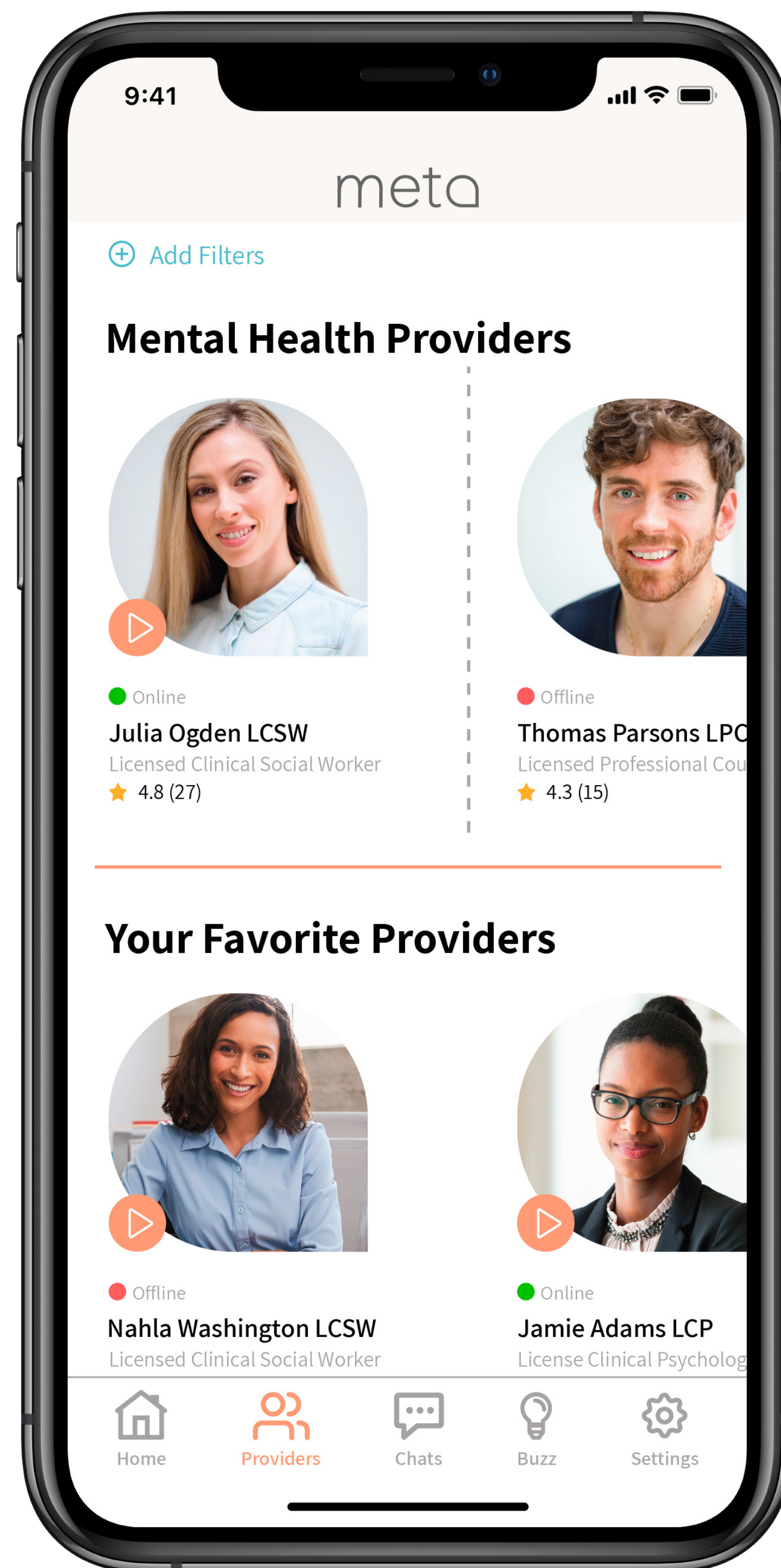
META's here for financial issues

meta

Money problems can impact your ability to function day-to-day. Talk to a counselor to learn how to cope with your financial issues and focus on more important issues.

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META's here for
you

meta

Research has shown that therapy is more successful when you're working with a provider you like. With META, you choose your own provider, with the freedom to find a new provider if you want.

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