



# meta

META makes it easy for students to access online counseling.

## What is META?

META is a mobile app that easily connects you to your choice of licensed professionals.

## How does it work?

- Get the app
- Choose a provider
- Connect via chat, video, or phone
- Pay by insurance or out-of-pocket

## Where do I get it?

Android or iOS app stores



[meta.app/students](https://meta.app/students)

# Take control



## Flexible

Counseling on your schedule



## Professional

Your choice of licensed professionals



## Confidential

Sessions are completely private



## Affordable

Pay out-of-pocket or use your insurance plan

Download the app today



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