

Your Private & Confidential Teletherapy App

META is a mental wellness platform that connects you to a marketplace of available providers

Choose your own provider and use chat, video, and voice counseling whenever you want from your smartphone.

All Bay Cities employees are eligible for counseling sessions on the META app



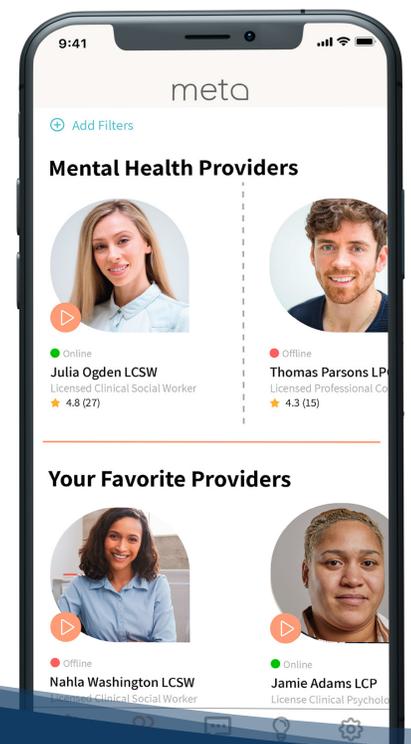
Counselors Available

You shouldn't have to wait to speak to someone. See counselors currently available for instant connection or leave a message and receive a response in hours.



Freedom to Choose

You can choose any provider you like and can change providers at any time. Use the advanced filters to show providers who match your needs.



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

Easy to Get Started!

Download the META app by using the QR code below or by visiting meta.app/users

1

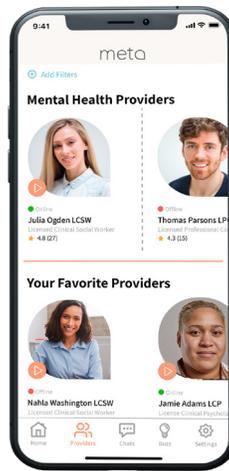
Create Your Profile



Include **“Bay Cities”** as your company in your profile

2

Search for Providers



Use filters to find qualified professionals for you

3

Start a Dialogue



Schedule counseling sessions by chat, video, or voice

When life gets hard, META is here to help.

STRESS, ANXIETY, & DEPRESSION

Learn how to cope when you're feeling overwhelmed

WORKER BURNOUT

Understand your limitations and how to recharge your emotional battery

FAMILY OBLIGATIONS

Practice balancing your family's needs and spend quality time at home

FINANCIAL PRESSURES

Don't let money issues stop you from enjoying your life

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