welcome To Meta

# LeMoyne-Owen

# 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



### **100% Confidential**

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



### **Choose Your Counselor**

LeMoyne-Owen College students can choose their own counselor. Use the advanced filters to show providers offering school-sponsored sessions.





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# meta

# **Easy to Get Started!**

Download the META app by using the QR code below or by visiting <u>meta.app/Students</u>



#### **Create Your Profile**



You'll need to verify your email and select your campus



#### Search for Providers



Use filters to find qualified professionals for you



#### 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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