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
depression

META's here for
<u>relationships</u>

meta

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
<u>substance abuse</u>

meta

Don't let your demons interfere with living your life. Addiction is treatable and nothing to be ashamed of. Connect with a counselor through META Teletherapy for private and secure remote counseling through your phone.

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META's here for
adjusting

meta

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.
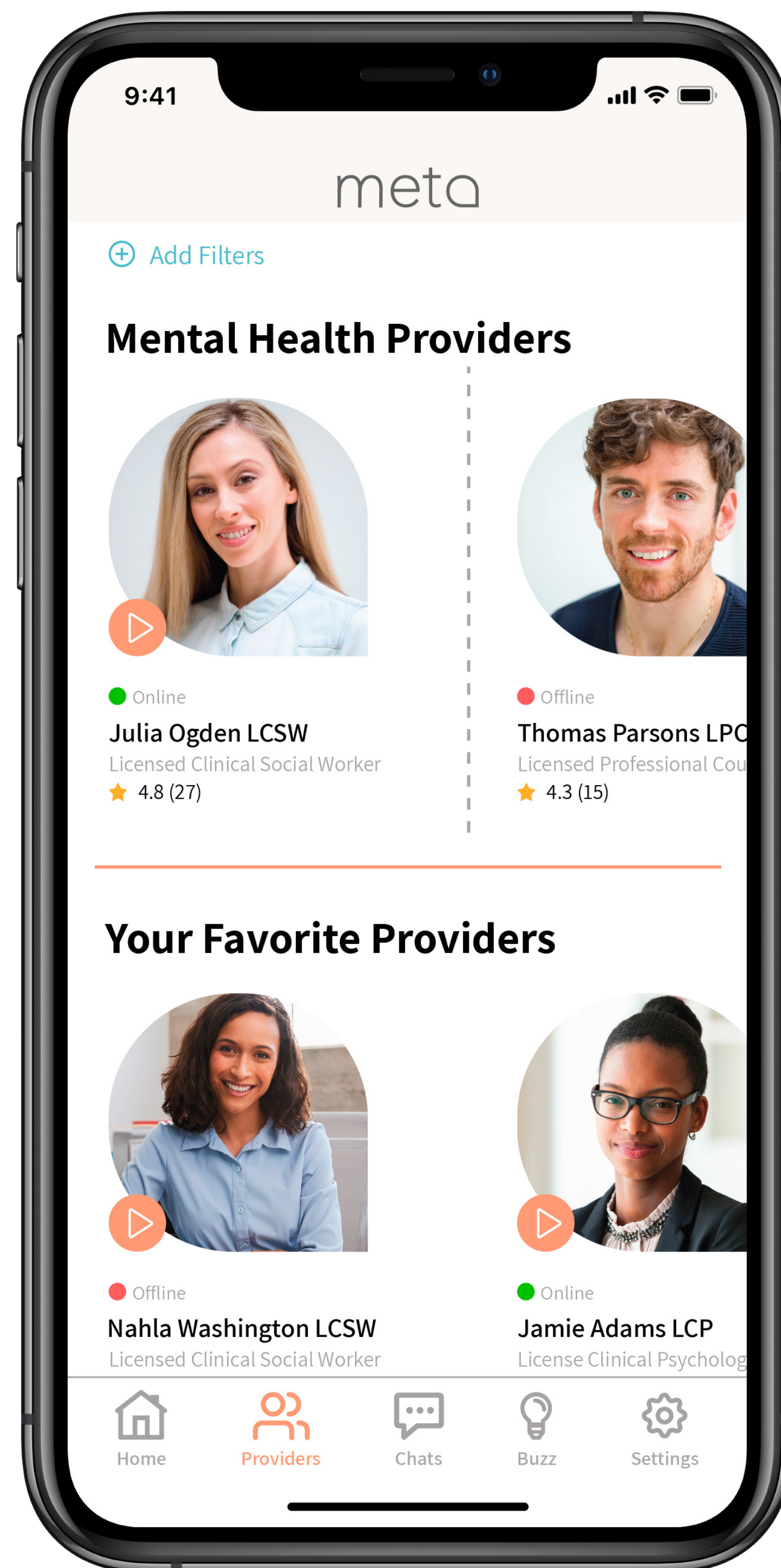
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META's here for
financial issues

meta

Don't let your financial worries impact your day-to-day functioning. Talk to a licensed counselor on how to cope with your personal anxiety over money problems.

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META's here for <u>you</u>

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