# META Quick Start Guide



#### Download the app to your Android or Apple phone for free by searching "META Teletherapy" in your app store.

Once downloaded, select "Sign Up" on the bottom of the screen to register.

Offline

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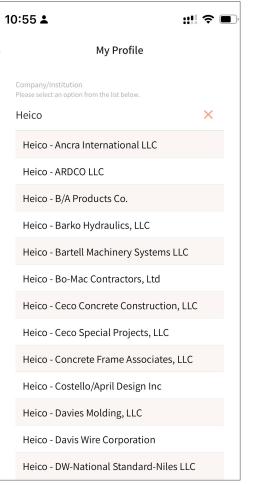
Home

Nahla Washington LCSW

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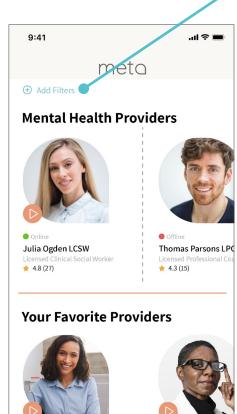
#### **1.** Use your phone to register.

Provide your address, name, email, company name, and employee ID. *This information is confidential and not shared with your employer.* 



#### 2. Browse providers.

Select the "Providers" tab at the bottom. The sytem will show providers you can connect with.



Online

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Buzz

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Chats

Jamie Adams LCP

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Settings

## 3. Narrow your search.

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**Provider Specializations** 

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Filters

Gender & Sexuality

Substance Abuse

Additional Filters

Grief & Loss

Medical

Languages

Genders

Faiths

Therapy Styles

Only show online providers

Click "Add Filters" to sort providers and show providers who accept your insurance.

Filters

Panic

Rape

Social & Behavioral

Hallucinations & Delusion

Only show providers that accept my insurance

Military & Veterans

Eating issues & Body Image

Depressions

Trauma & PTSD

Non-Substance Abuse

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### 4. Connect with a counselor.

Choose the chat icon in the provider's profile to send them a message to schedule a free consult or your first session.



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Watch the META demo-