



Your Private & Confidential Teletherapy App

META is an Uber-like app designed to support your well-being throughout your time in college

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



All Cowley College students are eligible for online counseling sessions on the META app



Free Sessions Available

Cowley College is covering the costs for a limited number of counseling sessions. Use the advanced filters to show providers offering school-sponsored sessions.

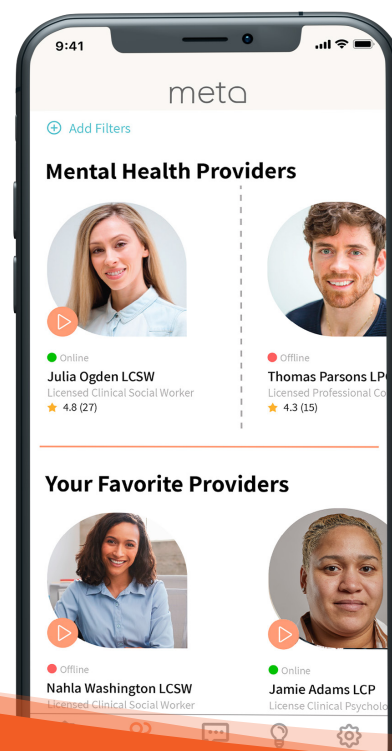


Choose Your Counselor

Cowley College students can connect with META providers of their choice for voice, video, and chat counseling.



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



Easy to Get Started!

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

1

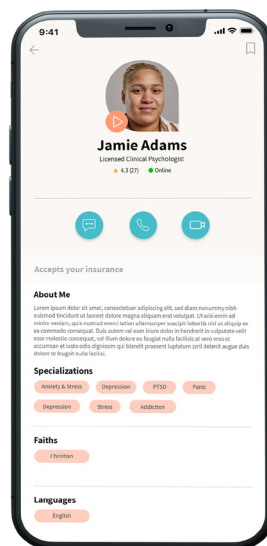
Create Your Profile



Verify your email and include Cowley College 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

College is the right choice. META is here to help.

STRESS, ANXIETY, & DEPRESSION

Learn how to cope when you're feeling overwhelmed

ACADEMIC PRESSURE

Receive the skills to handle your class work loads and manage your time

RELATIONSHIP ISSUES

Whether you're going through a break-up or fighting with your roommate, let's talk about it

FINANCIAL PRESSURES

Gain coping skills to help you stop worrying about money problems



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