

WE MISSED YOUR SMILE!

PRIVATE COUNSELING APP AVAILABLE TO STUDENTS

All LeMoyne-Owen College students have access to **META Teletherapy**, a free app that connects you to a licensed counselor of your choice.

Having a tough time? Let's talk about it.

Everyone has personal struggles. Symptoms of stress, anxiety, isolation, and depression are the most common. LeMoyne-Owen College is offering every student a chance to connect to a licensed counselor of their choice on META for private, secure sessions to help them cope.

EASY ACCESS
NO STIGMA
meta

Download META at meta.app/students

About META Teletherapy

- **Free Sessions Available** - LeMoyne-Owen College is covering the costs for a limited number of sessions. Use the advanced filters in the app to show providers offering school-sponsored sessions.
- **Completely private** - META sessions and activity is kept confidential. No one from your school will know if you use META.

meta.app/students

Get META



META is Just for Students



Choose Your Counselor

Network of Providers

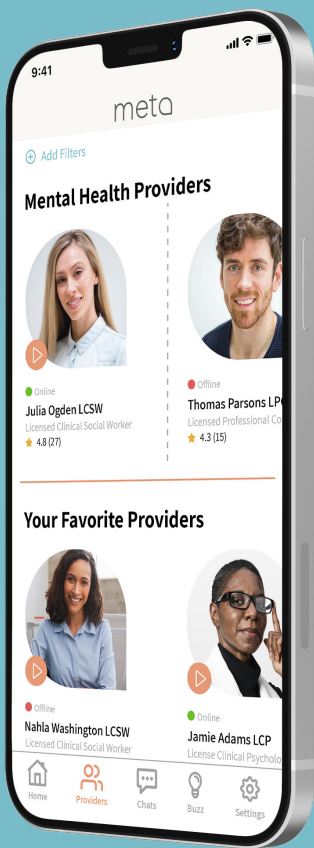
META has a network of licensed counselors experienced working with college students.

Advanced Filters

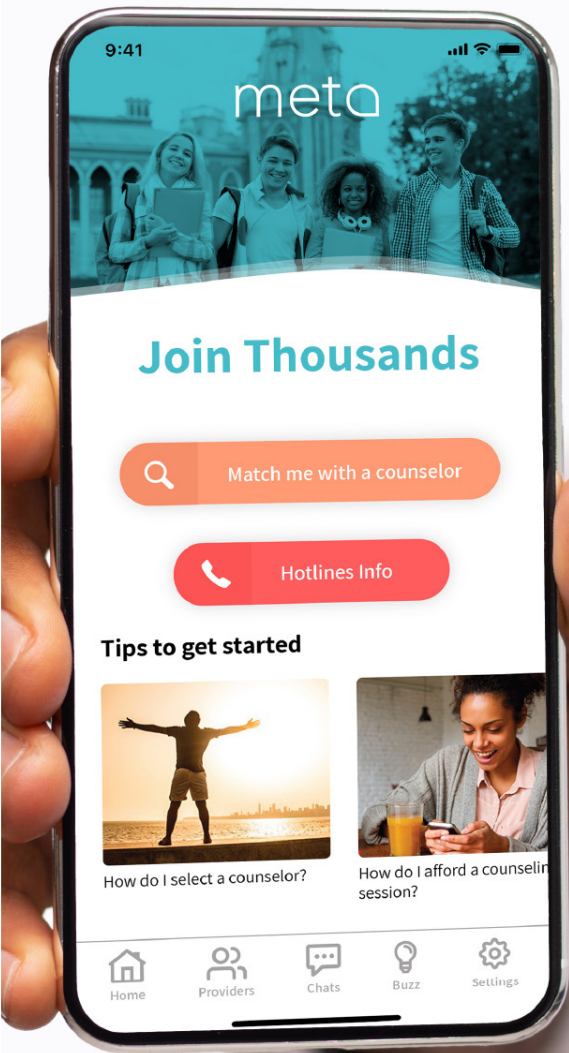
Filter providers by gender, ethnicity, therapy style, language and more. Switch counselors at any time.

School-Paid Sessions

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



meta.app/students



Start a Dialogue

Free Consultations

Send a chat message requesting a free fifteen minute consultation to see if the counselor is a good fit for you..

Sessions on Your Schedule

Only available in the evenings? No problem! Counselors work around your schedule.

No Wrong Reason for Counseling

Whether you have a diagnosed mental illness or are just feeling stressed out lately, META counselors are able to help.