

# WE MISSED YOUR SMILE!

## PRIVATE COUNSELING APP AVAILABLE TO STUDENTS

All MIU students have access to **META Teletherapy & Wellness**, 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. Stress, anxiety, isolation, and depression are common. MIU 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**  

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meta

Download META at [meta.app/students](https://meta.app/students)

## About META

- **Choose Your Own Counselor** - Filter providers by faith, ethnicity, gender, language, and more to find the best therapist for you.
- **Completely private** - META sessions and activity are kept confidential. No one from your school will know if you use META.

## Download



[meta.app/students](https://meta.app/students)

# META is Made for Students



## Choose Your Counselor

### Network of Providers

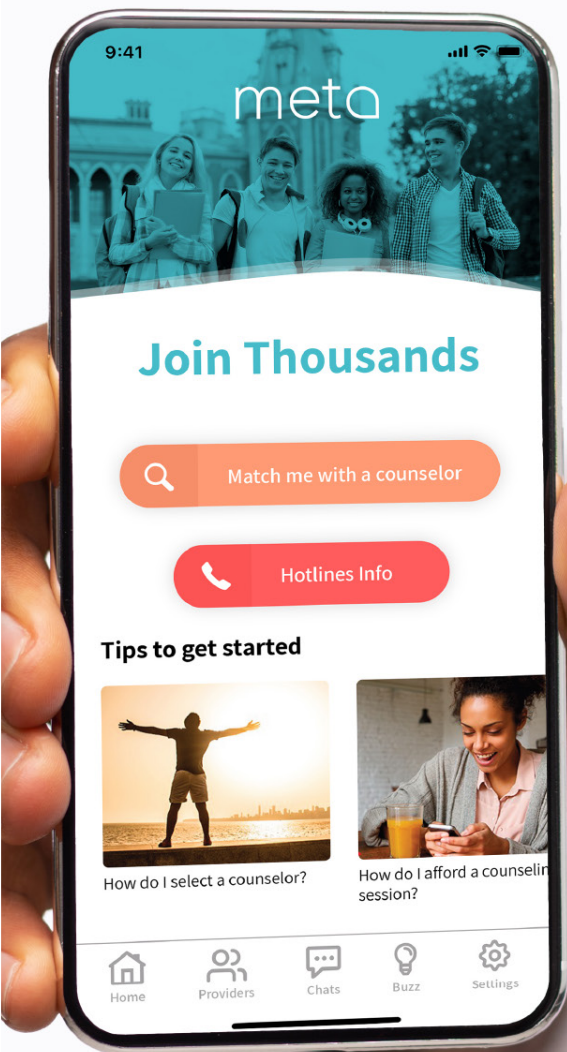
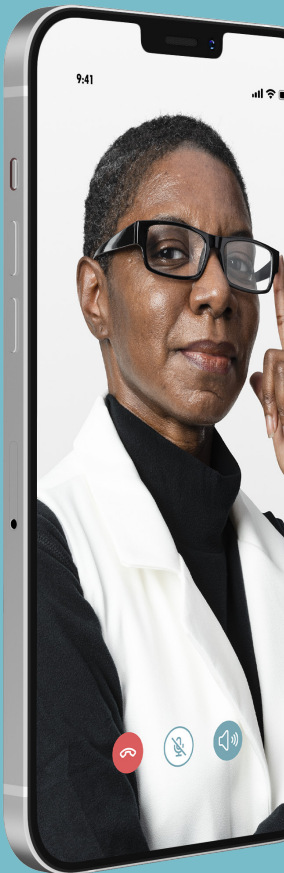
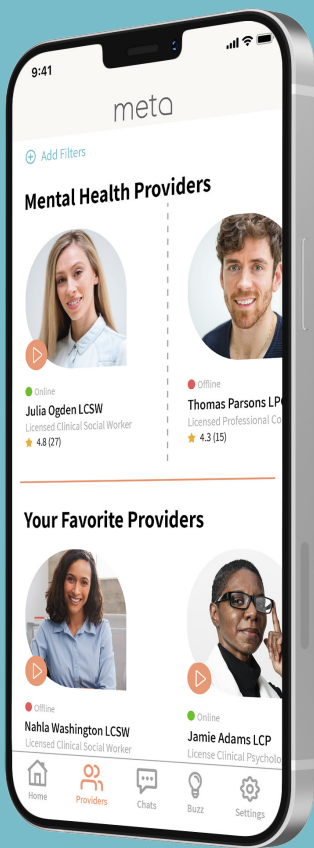
META has a network of licensed counselors experienced working with college students.

### Advanced Filters

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

### Evening & Weekends

META doesn't have office hours. Tell your provider which time works best for you or find a provider who holds hours that are good for you.



## 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.

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