

WE MISSED YOUR SMILE!

PRIVATE COUNSELING APP AVAILABLE TO STUDENTS

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

Had a tough year? Let's talk about it.

Everyone was impacted differently by the COVID pandemic. Symptoms of stress, anxiety, isolation, and depression are the most common. Richland Community 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 to download** - The app is free to download. Be sure to include *Richland Community College* in your profile when registering on the app.
- **School-Sponsored Sessions Available** - Richland Community College is covering the costs for a limited number of sessions with a META provider. Use the advanced filters to show providers offering school-sponsored sessions.

meta.app/students

Get META



META is Just for Students



Choose Your Counselor

Network of Providers

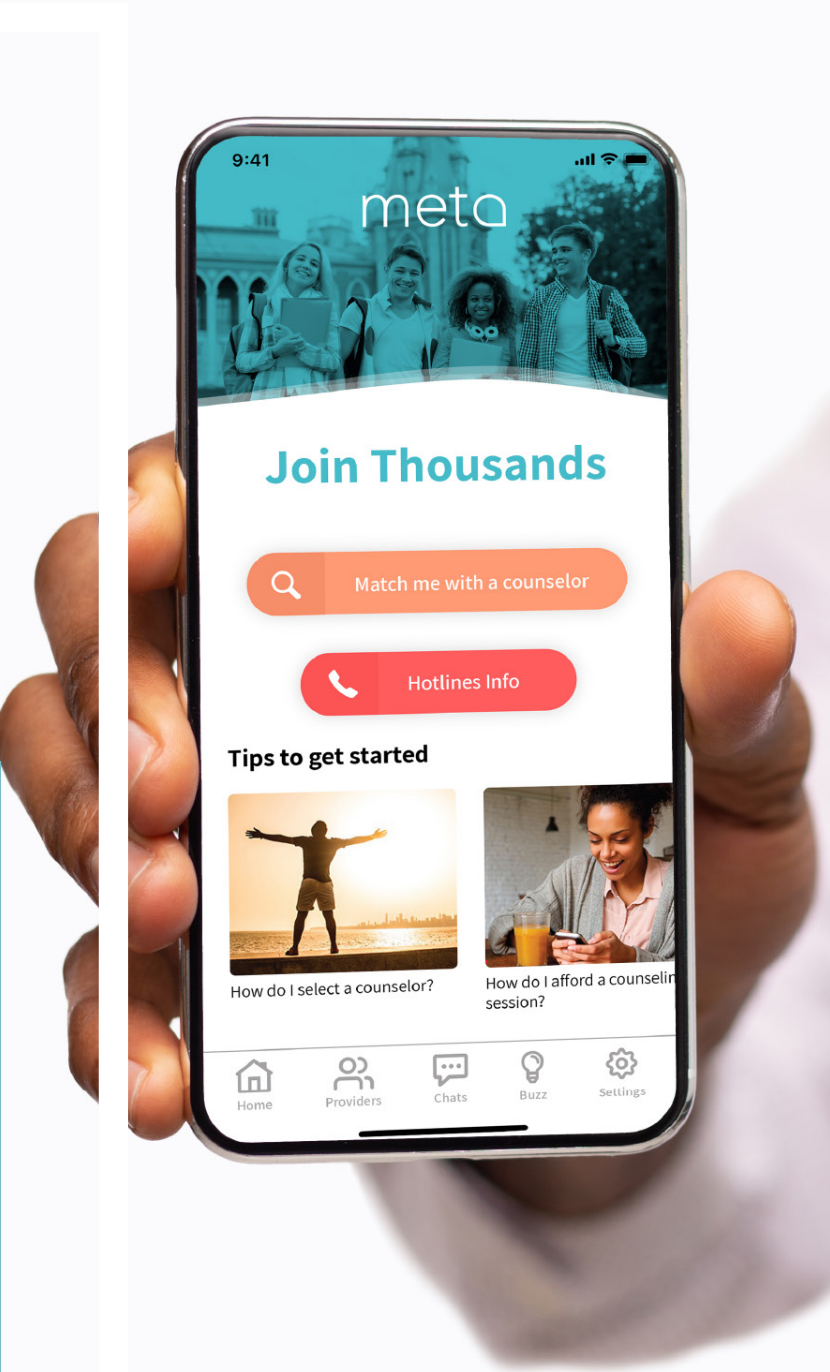
META has a network of licensed counselors experienced working with college students.

Advanced Filters

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

Pay with Insurance

Most providers accept insurance and offer sliding scale pricing. All payments are securely made through the app.



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.