

Your Private & Confidential Teletherapy App

META is the only teletherapy app designed to support you throughout your time in college

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



All MIU students are eligible for private counseling sessions on the META app



Completely Confidential

No one from your school can know if you use META.

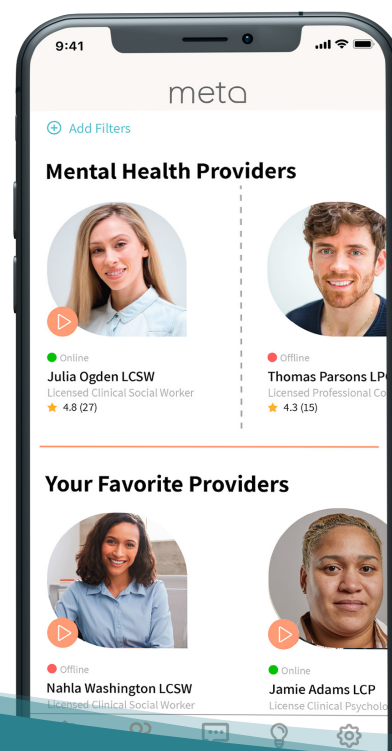


Choose Your Counselor

Choose any counselor you want.
Change counselors any time.



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

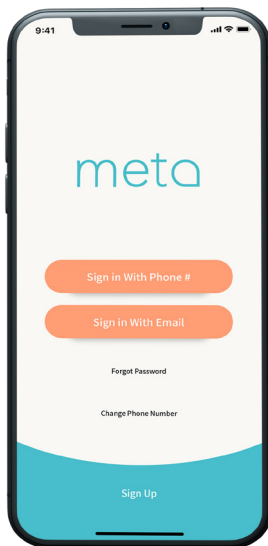


Easy to Get Started!

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

1

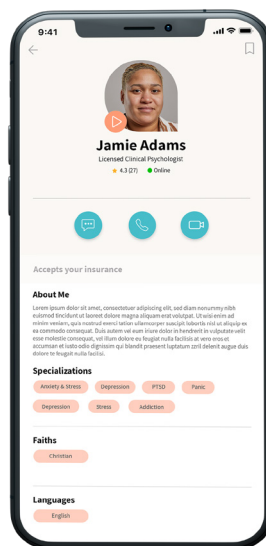
Create Your Profile



Please include MIU as your institution in your META 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

CAREER DIRECTION

Receive skills on how to calibrate your life's compass

RELATIONSHIP ISSUES

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

CULTURE ADJUSTMENT

Become more comfortable putting yourself in new situations



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