

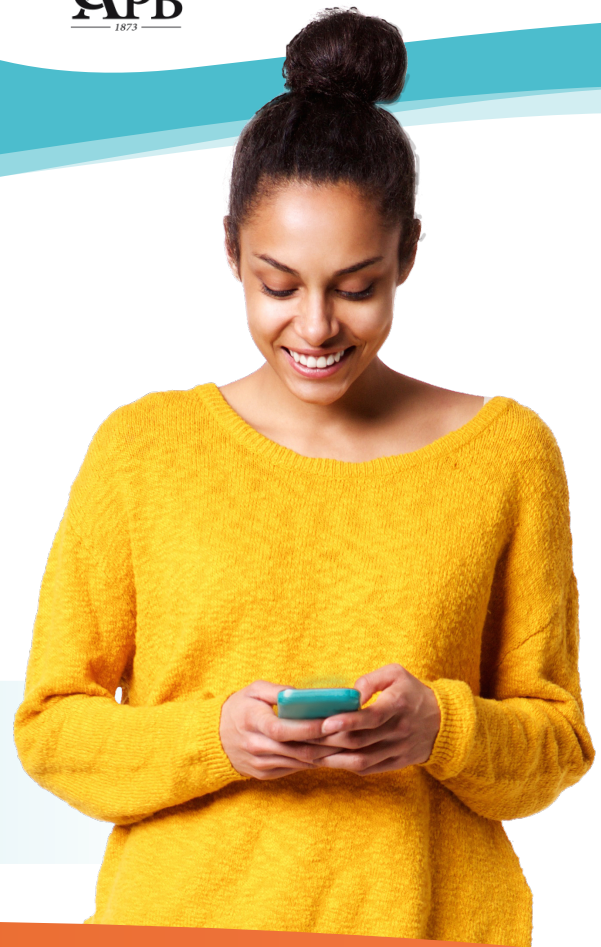
Welcome To  
**meta**



## 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 UAPB students are eligible for online counseling sessions



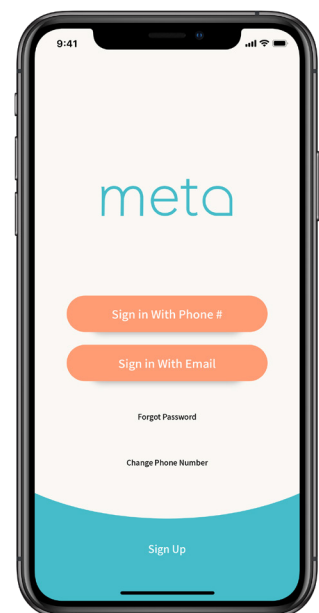
### Choose Your Counselor

UAPB students can choose a school counselor or a provider from META's national network for voice, video, and chat counseling



### META is 100% Confidential

The contact you have with providers is not shared with anyone, including your school.



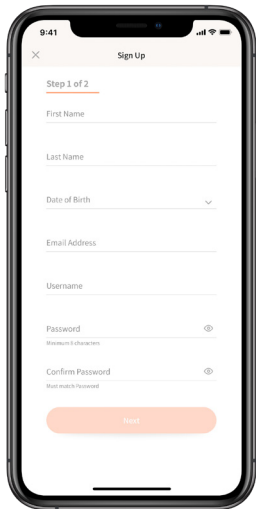
Download META Today  
[meta.app/students](https://meta.app/students) | 833-844-META

## Easy to Get Started!

Download the META app by using the QR code below or by visiting [meta.app/Students](https://meta.app/Students)

1

### Create Your Profile



You'll need to verify your email and select your campus

2

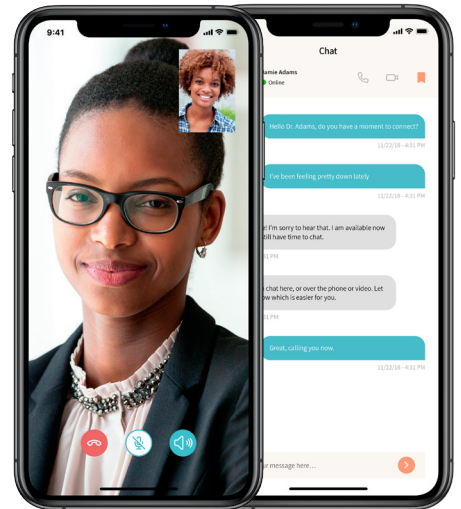
### Search for Providers



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

### FINANCIAL WORRIES

Don't let your concerns over money ruin your life — talk to a counselor about it

### RELATIONSHIP PROBLEMS

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

### TIME MANAGEMENT

Control the stress of schoolwork by learning how to manage your time



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