

META's here for stress & anxiety

meta

You're more than a student. You're an employee, a sibling, a spouse, a parent, a child, a friend. It can become easy to starting losing to the stress. Don't let stress win. Get the META Teletherapy app and connect with a licensed professional for confidential counseling today.

meta.app/students



META's here for depression



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We all feel down from time to time. But if you've been unhappy for while, it may be time to talk about it. META offers the help you want with the privacy you need. Download the app today to connect to a counselor.

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META's here for relationships



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Relationships are not easy. Whether it's issues with your partner, your roommate, your family, or your friends, talking about it with a counselor is a healthy way to find solutions to conflicts. Join META today to get started.

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META's here for substance abuse

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Don't let your demons interfere with living your life. Addiction is treatable and nothing to be ashamed of. Connect with a counselor through META Teletherapy for private and secure remote counseling through your phone.

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META's here for adjusting

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It doesn't matter if you're 18, 28, or 58 years old –attending college is a transition period in your life. META provides a private way to receive counseling for students of all types. We'll help you through this, no one else needs to know.

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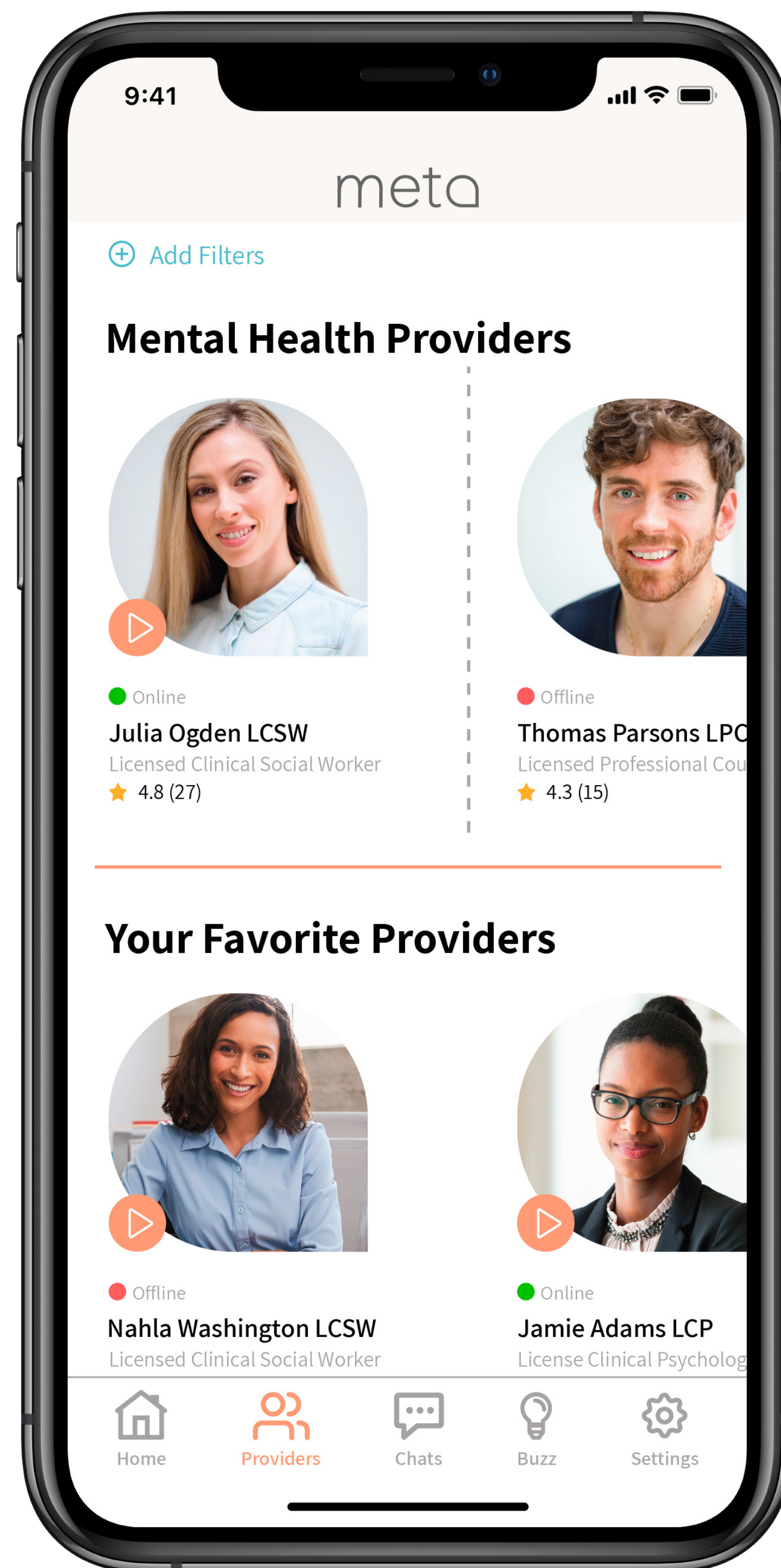
META's here for financial issues

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Don't let your financial worries impact your day-to-day functioning.
Talk to a licensed counselor on how to cope with your personal
anxiety over money problems.

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META's here for
you

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Research has shown that therapy is more successful when you're working with a provider you like. With META, you choose your own provider, with the freedom to find a new provider if you want.

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