

META Quick Start Guide

Download the app to your Android or Apple phone for free by searching “META Teletherapy” in your app store.
Once downloaded, select “Sign Up” on the bottom of the screen to register.

1. Use your phone to register.

Provide your address, name, email, company name, and employee ID.
This information is confidential and not shared with your employer.

My Profile

First Name
Jon

Last Name
Snow

Date of Birth
Sept 20, 1948

Address
500 S Capitol Ave, Indi...

Company/Institution
Indiana Health Centers

Employee/Student ID
8675309

Save

2. Browse providers.

Select the “Providers” tab at the bottom. The system will show providers you can connect with.

meta

+ Add Filters

Mental Health Providers

Julia Ogden LCSW
Licensed Clinical Social Worker
★ 4.8 (27)

Thomas Parsons LPC
Licensed Professional Counselor
★ 4.3 (15)

Your Favorite Providers

Nahla Washington LCSW
Licensed Clinical Social Worker

Jamie Adams LCP
License Clinical Psychologist

Home Providers Chats Buzz Settings

3. Narrow your search.

Click “Add Filters” to sort providers and show providers who accept your insurance.

Filters Clear

Provider Specializations

Filters

Anxiety & Stress Panic Depressions

Gender & Sexuality Military & Veterans Non-Substance Abuse

Substance Abuse Rape Trauma & PTSD

Additional Filters

Culture & Ethnicity Eating Issues & Body Image

Grief & Loss Social & Behavioral Relationship

Medical Hallucinations & Delusions

Languages

Genders

Faiths

Therapy Styles

Only show providers that accept my insurance

Only show online providers

Apply Filters

4. Connect with a counselor.

Choose the chat icon in the provider's profile to send them a message to schedule a free consult or your first session.

Jamie Adams
Licensed Clinical Psychologist
★ 4.3 (27) Online

Accepts your insurance

About Me

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Specializations

Anxiety & Stress Depression PTSD Panic

Depression Stress Addiction

Faiths

Christian

Languages

English

