

Mental health is health.

meta



Counselors are available and accepting new clients.

Indiana Health Centers is providing employees access to licensed counselors.

Your mental health matters. Talking to a licensed counselor can help you cope with emotional turmoil in your life, including feelings of **depression, stress, and anxiety.**

The META Teletherapy & Wellness app connects you to a network of available licensed counselors accepting new clients.

It's easy to get started:

1. Download the free app: meta.app/users.
2. Include "Indiana Health Centers" in your META profile
3. Connect to a counselor of your choice for private, secure counseling sessions.

