

Free Counseling.

META
Teletherapy

meta



Free private sessions - choose your own counselor

Ranger College is a limited number of sessions

Your mental health matters, especially while in school. Talking to a licensed counselor can help you cope with any emotional turmoil you're experiencing, including feelings of isolation, depression, stress, and anxiety. **Ranger College will cover the costs for a limited number of counseling sessions with META providers.**

Download the free app today to get started: meta.app/students.

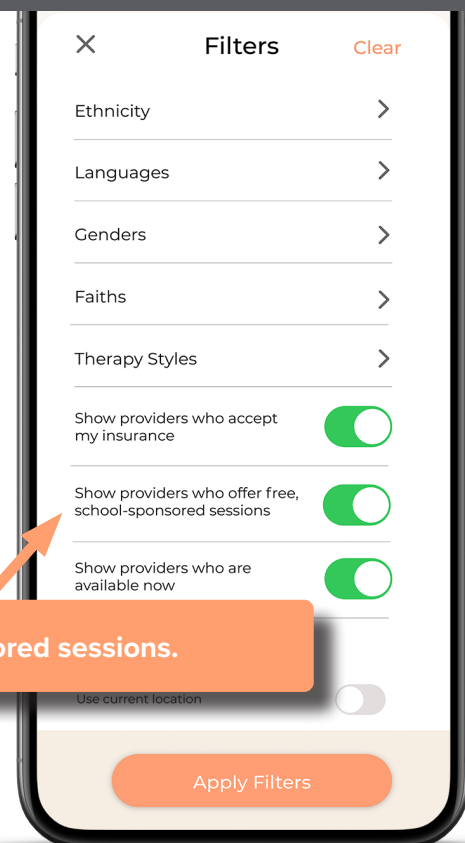
Note: Selecting too many filters may prevent providers from displaying.



Use the advanced filters to show providers offering school-sponsored sessions.



meta.app/students | 833-844-META

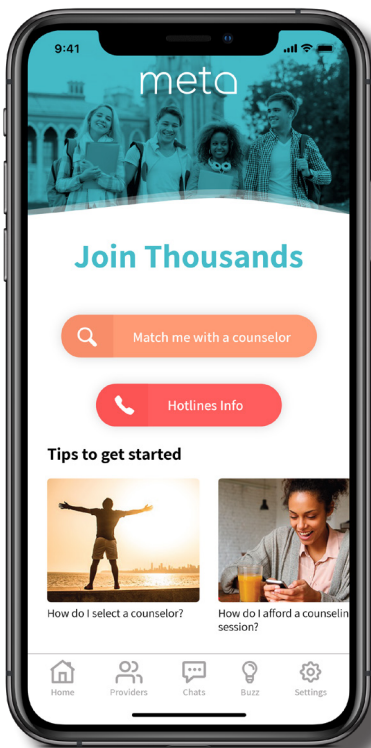


How META Works

1

GET THE APP

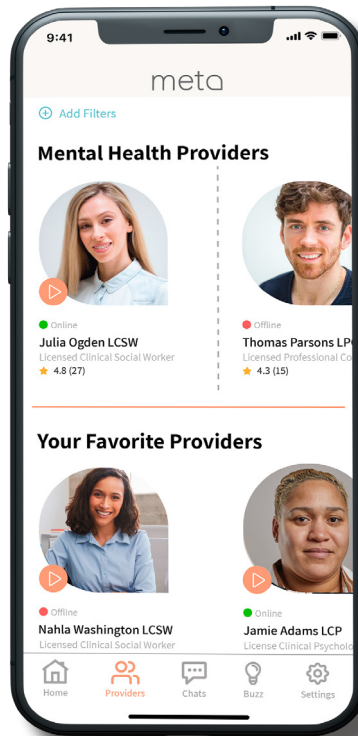
Include Ranger College in your profile to qualify for free sessions.



2

CHOOSE A COUNSELOR

Filter a network of licensed counselors by gender, language, therapy style and more.



3

START A DIALOGUE

Connect with your counselor over chat, video, or voice call through the privacy of your phone.



 Search "META Teletherapy" in your app store to download



Your privacy is protected end-to-end.
No one can access your personal information without your consent.

You're not alone - try META today.

meta.app/students | 833-844-META

