

# 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 Ranger College students are eligible for online counseling sessions on the META app**



## Free Sessions Available

Ranger College is covering the costs for your first three counseling sessions. Use the advanced filters to show providers offering school-sponsored sessions.

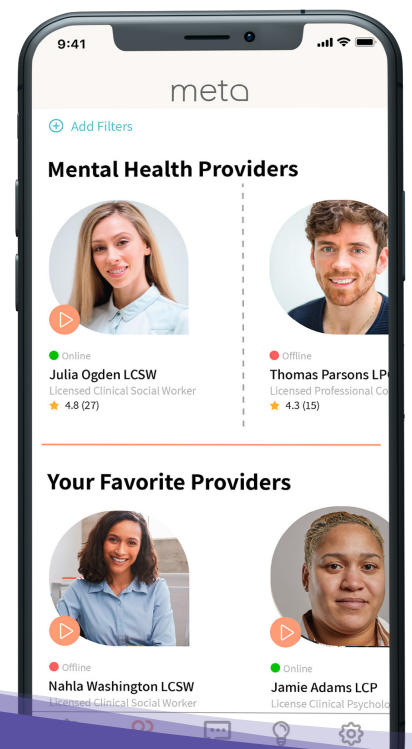


## Choose Your Counselor

Ranger College students can connect with META providers of their choice for voice, video, and chat counseling.



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

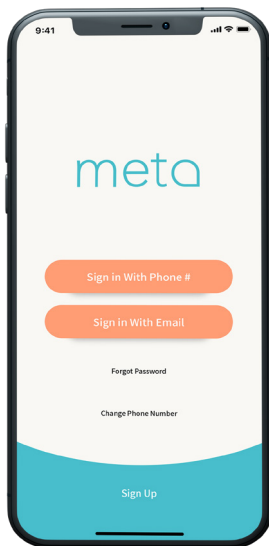


## Easy to Get Started!

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

1

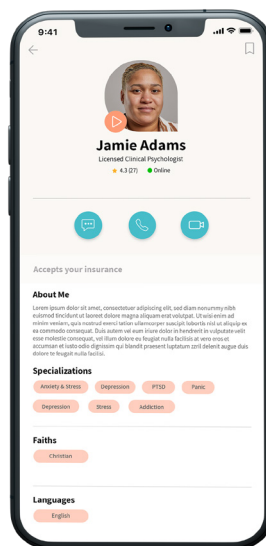
### Create Your Profile



Verify your email and include Ranger College in your profile

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

### TRAUMA & GRIEF

Receive the skills to cope with unpleasant memories & loss

### RELATIONSHIP ISSUES

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

### FINANCIAL PRESSURES

Gain coping skills to help you stop worrying about money problems



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