



Your Private & Confidential Teletherapy App

META is a mental wellness platform that connects you to a marketplace of available providers

Choose your own provider and use chat, video, and voice counseling whenever you want from your smartphone.

Primrose Schools employees are eligible for counseling sessions on the META Teletherapy app



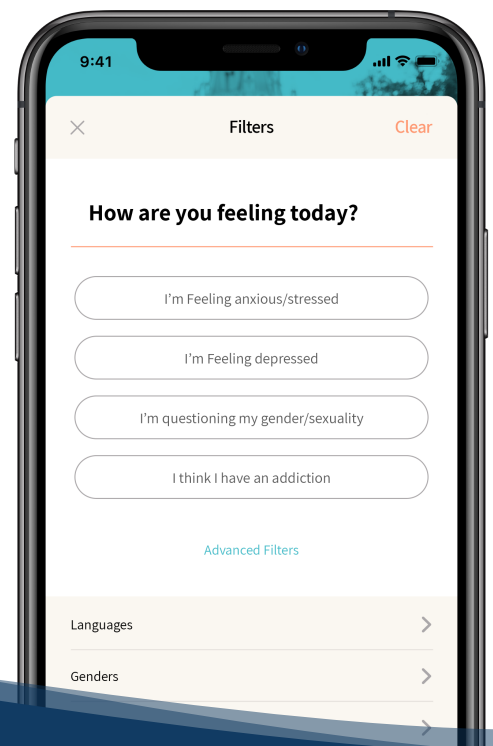
Available Therapists

You shouldn't have to wait to speak to someone. See counselors currently available for instant connection or leave a message and receive a response in hours.



Freedom to Choose

You can choose any provider you like and can change providers at any time. Use the advanced filters to show providers who match your needs.



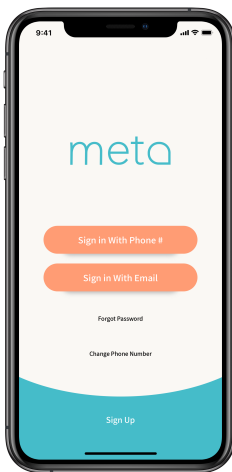
Download META Teletherapy
meta.app/users | 833-844-META

Easy to Start!

Download the META Teletherapy app by using the QR code below or by visiting meta.app/users

1

Create Your Profile



Include **"Primrose Schools"** as your company 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

META Teletherapy helps with life's challenges.

STRESS, ANXIETY, & DEPRESSION

Learn how to cope when you're feeling overwhelmed

WORKER BURNOUT

Understand your limitations and how to recharge your emotional battery

FAMILY OBLIGATIONS

Practice balancing your family's needs and spend quality time at home

INTERPERSONAL RELATIONSHIPS

Learn how to communicate your needs and establish boundaries

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