META's here for
the unexpected

META's here for
adjusting

meta

It doesn't matter if you're 18, 28, or 58 years old –attending college is a transition period in your life. META provides a private way to receive counseling for students of all types. We'll help you through this, no one else needs to know.

meta.app/students

META's here for
<u>addiction</u>

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Don't let your demons interfere with living your life. Addiction is treatable and nothing to be ashamed of. Connect with a counselor through META Teletherapy for private and secure remote counseling through your phone.

meta.app/students

META's here for
<u>stress</u>

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You're more than a student. You're an employee, a sibling, a spouse, a parent, a child, a friend. It can become easy to starting losing to the stress. Don't let stress win. Get the META Teletherapy app and connect with a licensed professional for confidential counseling today.

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META's here for
relationships

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Relationships are not easy. Whether it's issues with your partner, your roommate, your family, or your friends, talking about it with a counselor is a healthy way to find solutions to conflicts. Join META today to get started.

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META's here for
grief

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META is the first and only teletherapy app designed specifically for college students. Our platform is built to accommodate you and your life. Do you META?

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META's here for
<u>depression</u>

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We all feel down from time to time. But if you've been unhappy for while, it may be time to talk about it. META offers the help you want with the privacy you need. Download the app today to connect to a counselor.

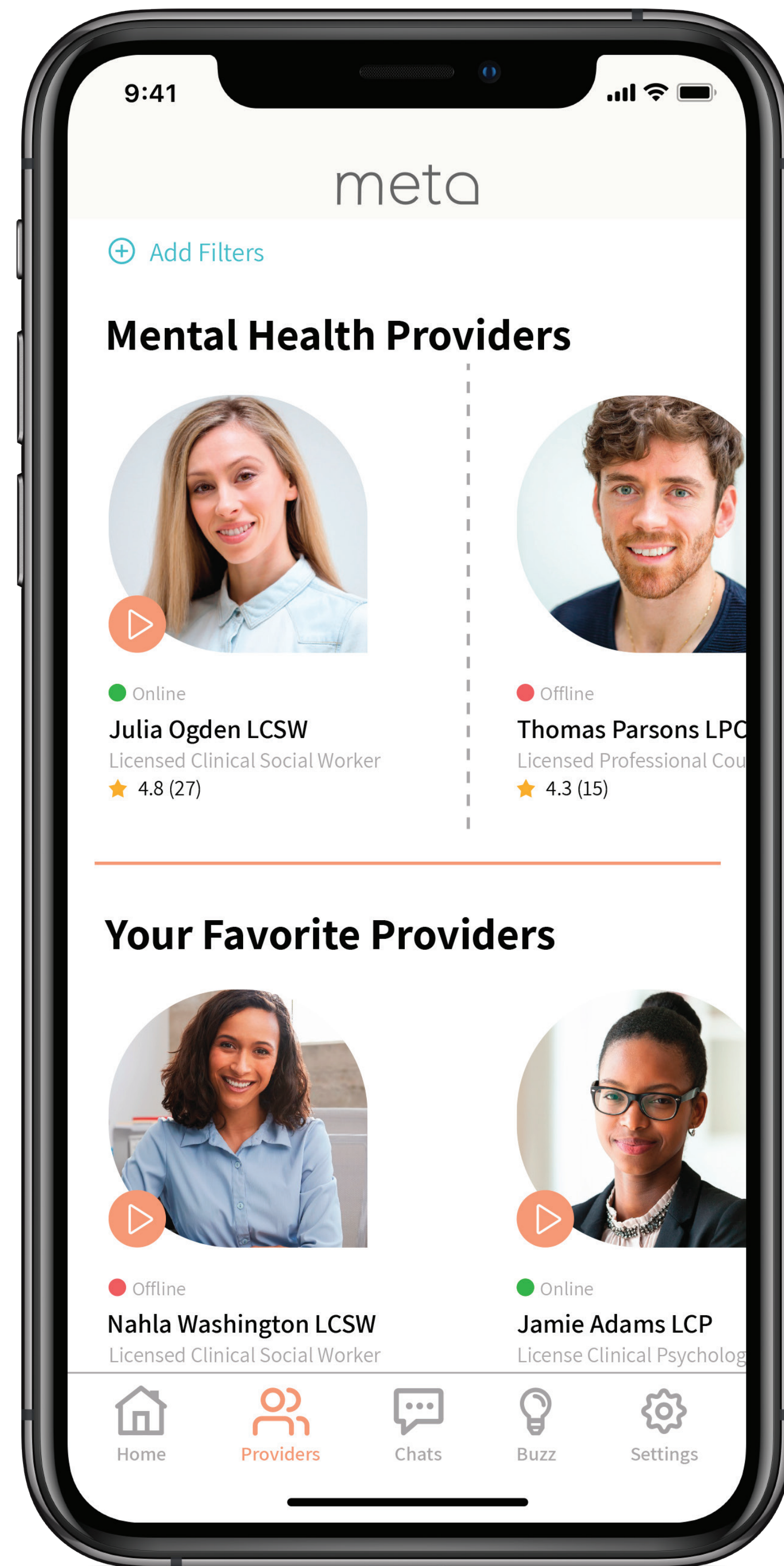**meta.app/students**

META's here for **anxiety**

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META is the first and only teletherapy app designed specifically for college students. Our platform is built to accommodate you and your life. Try META today and connect to a counselor to get started.

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META's here for
<u>you</u>