



META's here for the unexpected

meta

Life is full of unexpected events. Nobody's life goes exactly as planned. When you're feeling overwhelmed, talk to counselor. META Teletherapy is available to connect you to a counselor remotely.

meta.app/students





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 addiction

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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 stress



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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.

meta.app/students





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 depression



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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.

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META's here for anxiety

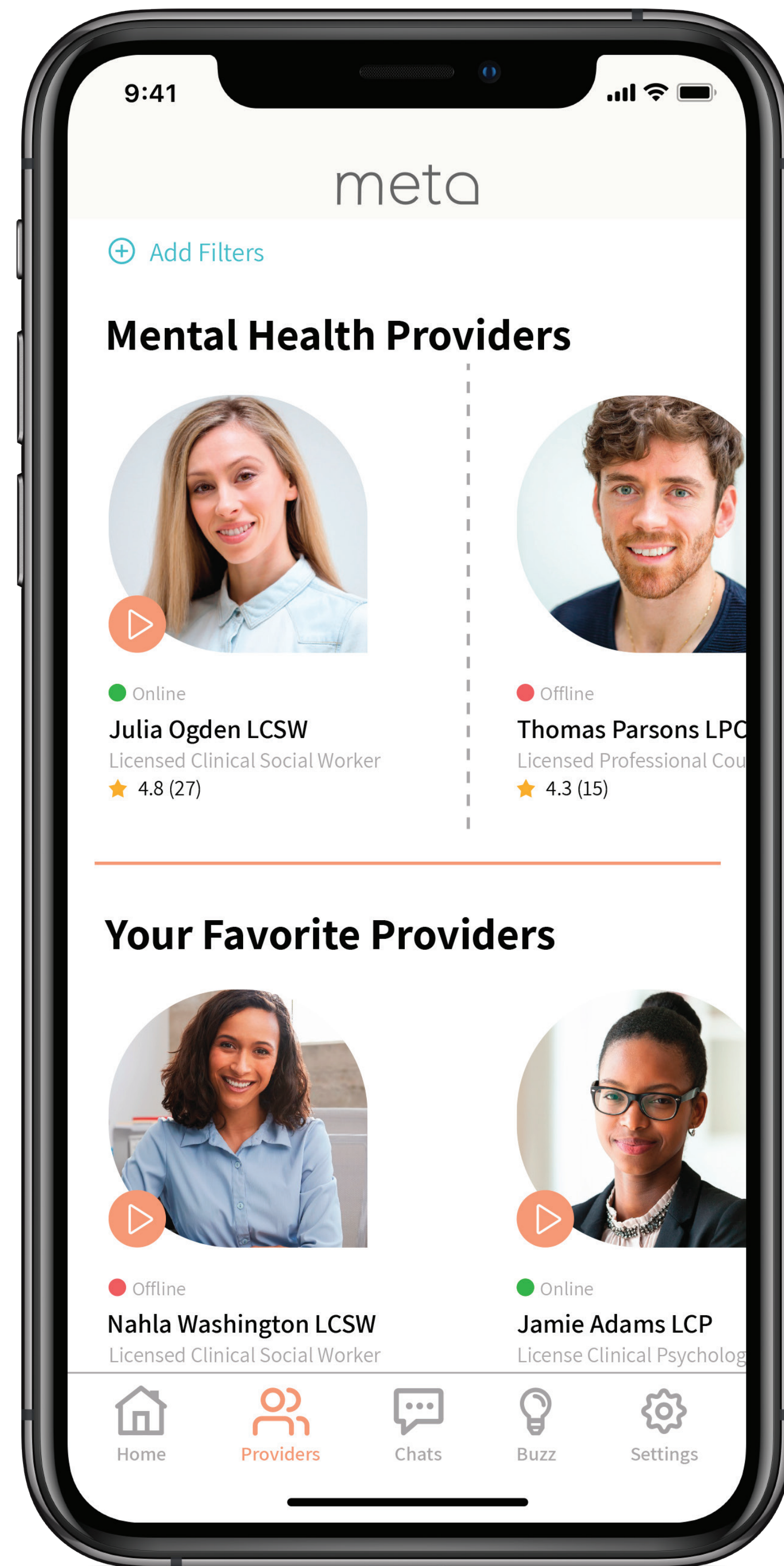


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META's here for you

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Research has shown that therapy is more successful when you're working with a provider you like. With META, you choose your own provider, with the freedom to find a new provider if you want.

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