

# meta

## Seasonal stress?

### Help is here

**Holiday stress is common.** Learn how to manage your stress with private counseling sessions from licensed counselors on **META Teletherapy**.

Counselors can help you cope with...

- Family Drama
- Financial Stress
- Relationship Issues
- Academic Pressure
- Life Transitions



*Medgar Evers College is covering the costs for your teletherapy sessions. Use the advanced filters to show providers offering school-sponsored sessions.*

Download the app at [meta.app/students](https://meta.app/students)