



meta

**Make 2024 your
best year yet.**

Self-Improvement Starts with META

A new year. A new you? Overcome your personal issues by starting therapy on the **META Teletherapy app**.

The benefits of attending therapy include...

- Healthier Relationships
- Less Stress, Better Sleep
- Improved Academic Performance
- Increased Self-Esteem
- Resilience to Life's Pressure



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