

# Your Private & Confidential Teletherapy App

META is the only teletherapy app designed to support you throughout your time in college

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



All Jarvis students are eligible for free teletherapy sessions



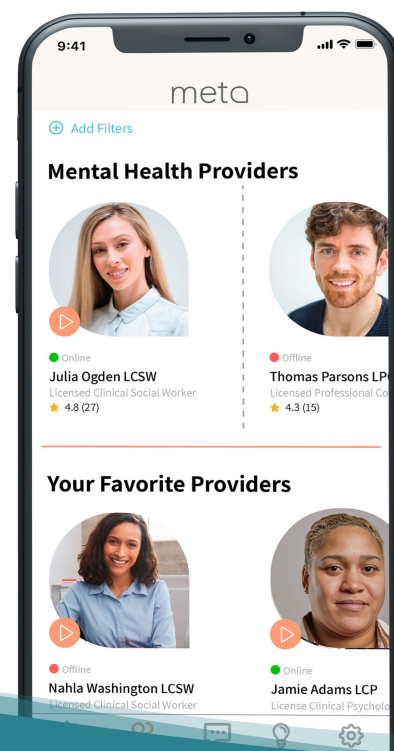
## Free Sessions Available

Jarvis Christian University is covering a limited number of counseling sessions with META providers. Use the advanced filters to show providers offering school-sponsored sessions.



## Choose Your Counselor

Use the advanced filters to find the best provider for you.



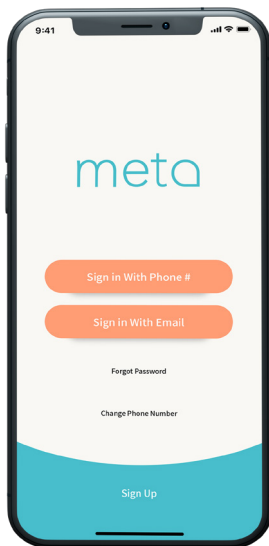
Download META Today  
[meta.app/students](https://meta.app/students) | 833-844-META

## Easy to Get Started!

Download the META app by using the QR code below or by visiting [meta.app/Students](https://meta.app/Students)

1

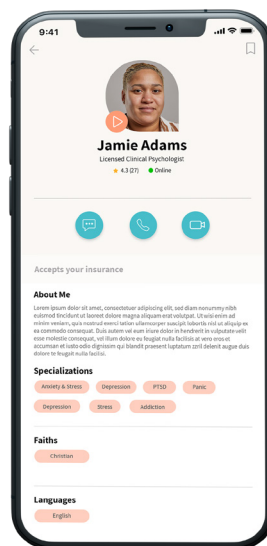
### Create Your Profile



Include Jarvis Christian University 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

## College is the right choice. META is here to help.

### STRESS, ANXIETY, & DEPRESSION

Learn how to cope when you're feeling overwhelmed

### PERSONAL ISSUES

There's no judgment — get advice on whatever is bringing you down

### RELATIONSHIP ISSUES

Whether you're going through a break-up or fighting with your roommate, let's talk about it

### ADDICTION & SUBSTANCE ABUSE

Don't become another statistic — learn how to overcome your demons



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