



Better Mental Health Starts with **META Teletherapy**



made possible by



Connect to a licensed therapist of your choice for private teletherapy sessions

Feeling overwhelmed by life's challenges? You're not alone.

META Teletherapy is a mobile app that connects you directly to a licensed therapist for private, secure video, voice, or chat sessions. **Schedule a free consultation** today and get started on your journey to well-being.

Download the app at meta.app/users

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