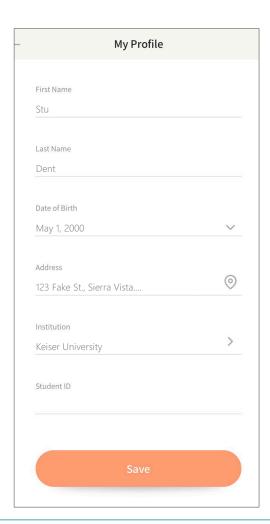
## META Teletherapy Quick Start Guide

Download the app to your Android or Apple phone for free by searching "META Teletherapy & Wellness" in your app store. Once downloaded, select "Sign Up" on the bottom of the screen to register.

### 1. Use your phone to register.

Provide your address, name, email, organization name, and student or employee ID. All information is kept confidential.



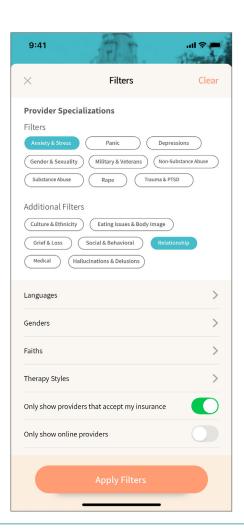
### 2. Browse providers.

Select the "Providers" tab at the bottom. The sytem will show providers you can connect with.

# 9:41 .ul 🖘 🔳 **Mental Health Providers** Julia Ogden LCSW Thomas Parsons LPC 4.8 (27) 4.3 (15) **Your Favorite Providers** Nahla Washington LCSW Jamie Adams LCP **{0}** Buzz Settings

### 3. Narrow your search.

Click "Add Filters" to sort providers and show providers offering school-sponsored sessions.



#### 4. Connect with a counselor.

Choose the chat icon in the provider's profile to send them a message to schedule a free consult or your first session.

