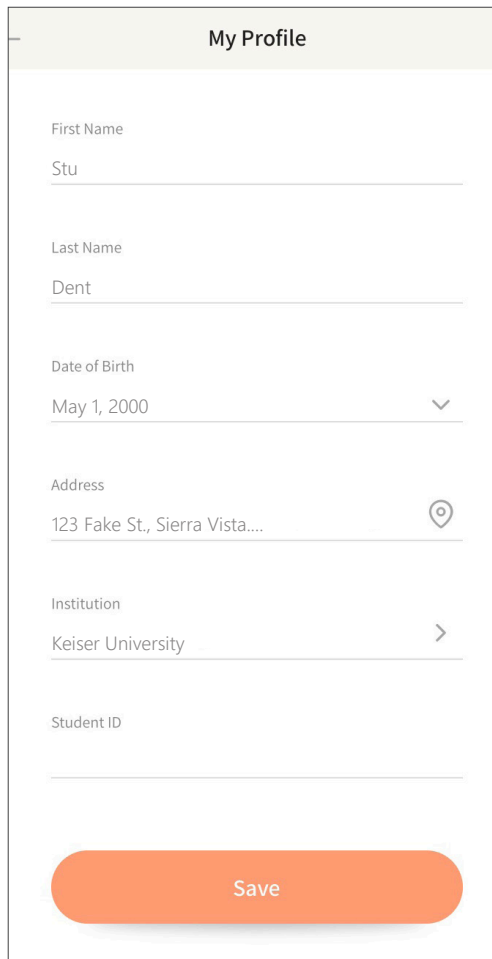


META Teletherapy Quick Start Guide

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.

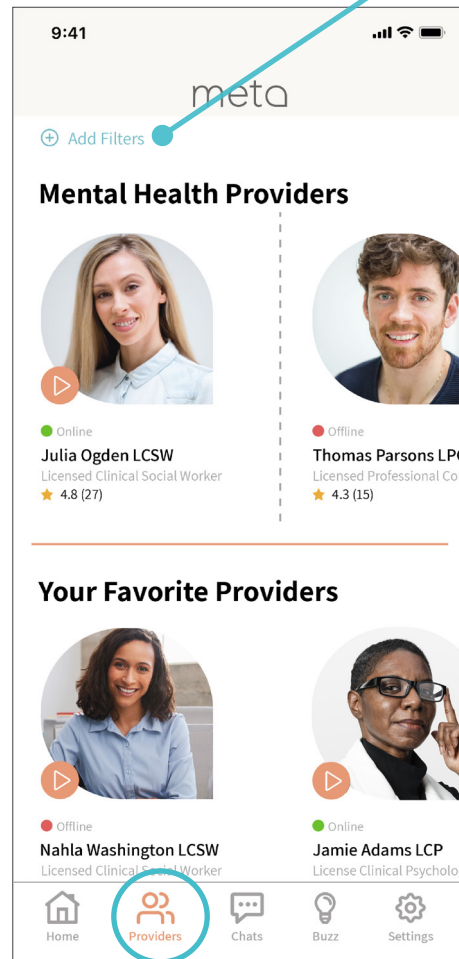
1. Use your phone to register.

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



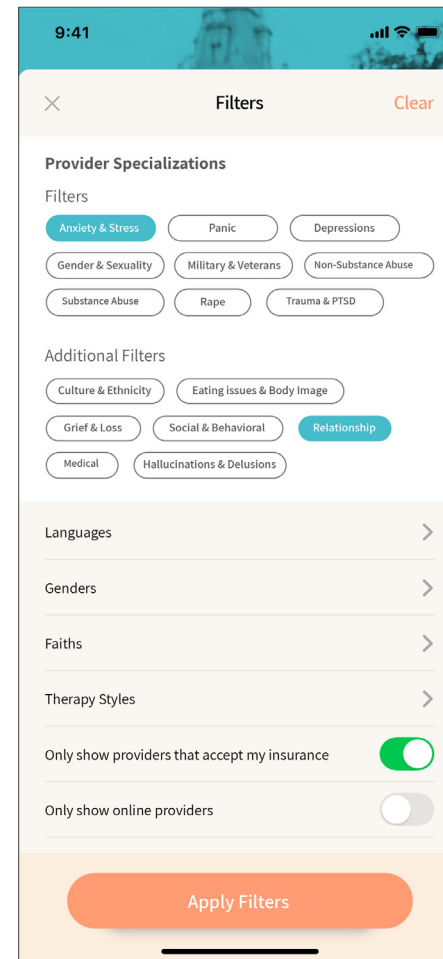
2. Browse providers.

Select the “Providers” tab at the bottom. The system will show providers you can connect with.



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.

