

Seasonal stress?

meta
teletherapy



Help is here

Holiday stress is common. Learn how to manage your stress with private counseling sessions from licensed counselors on **META Teletherapy**.

Counselors can help you cope with...

- Family Drama
- Financial Stress
- Relationship Issues
- Academic Pressure
- Life Transitions



Ranger College is covering the costs for a limited number of sessions. Use the advanced filters to show providers offering school-sponsored sessions.

Download the app at meta.app/students