



Primrose School  
of Royal Palm Beach  
The Leader in Early Education and Care®

meta  
teletherapy

# Burnout is real.



## > You're Not Alone

Teaching is a challenging profession and can often become overwhelming.

That's why **Primrose Schools** provides all employees with access to mental health support through the META Teletherapy app.

## > Why try META Teletherapy?

- **Choose** your own therapist
- Therapists are available mornings, days, and evenings **7 days a week**
- Sessions conducted through the app from the **privacy of your home**
- **No subscription fees** or commitment -- change therapists at any time
- **Self-help articles** and videos posted weekly through the in-app *Buzz* feature
- **Completely confidential** -- your employer won't know
- **Insurance accepted** -- filter therapists in your insurance network



## > Easy to Start

- Scan the QR code to **download** the app
- Include **Primrose Schools** in your profile
- Choose your counselor and send a message to schedule a **free initial consultation** session



[meta.app/users](https://meta.app/users)