

Get Started by Downloading the META Teletherapy app

1. Go to Apple's App Store or Google's Play Store on your phone and type "META Teletherapy & Wellness" to download
2. Create your account by reviewing the disclaimers and providing your information
3. Include your school name and student ID in your profile to authenticate your account



Contact META Teletherapy

888-883-META (8664)
support@meta.app

How do I connect to a therapist?

The META Teletherapy app makes it easy to connect to a therapist. Open the app and click on "Match me with a Counselor" and then choose what you'd like help with. A list of providers who specialize in those areas will show.

Review their profiles, watch their intro videos, read about their background, and choose any provider you want.

To connect, just click on the chat icon or give them a call and request a free consultation. The therapist will work with you to schedule your initial session.

How much do sessions cost?

Ranger College is covering the costs for a limited number of sessions. Use the filters in the app to show providers participating in "school-sponsored" sessions.

Ask providers if they accept your insurance. Ask your insurance how many sessions your plan covers. Your sessions will be billed the same as if you were to see a licensed counselor in-person.

Can I see therapists in person?

Yes! Most providers have physical office locations and if you prefer to see them in person, that's perfectly okay. Work with your provider if that's an option for you.

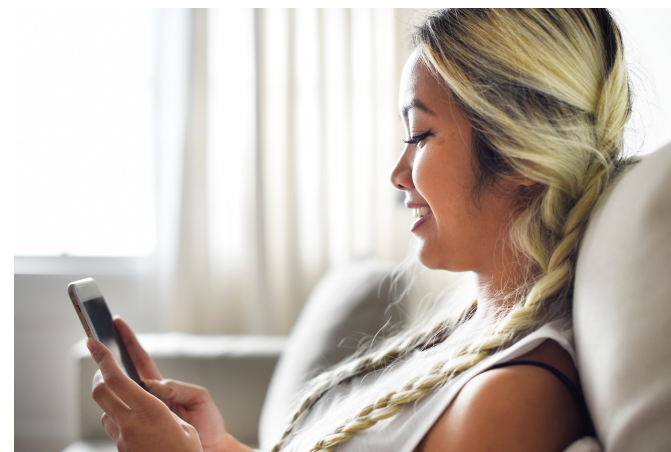
How do I know if I should go to therapy? What's it like?

If you've never gone to therapy before, META Teletherapy is a perfect place to start. You don't have to worry about traveling to an unfamiliar location and you can comfortably schedule sessions at your convenience. Most providers have availability mornings, evenings, and weekends.

If you're struggling with stress, anxiety, or depression then it's a good idea to see a counselor. They will ask you to tell them about situations where your symptoms bubble up and then teach you how to manage your condition.

Therapy is a safe space. You're free to tell them how you feel about anything without judgement. It's aptly named, because therapy is actually therapeutic.

People who regularly go to therapy feel more confident in their decisions and ultimately enjoy more success in life.



meta.app/users



How's your
mental health?



About META Teletherapy

College is a significant journey in your life which can take a toll on your mental health. META Teletherapy was built so college students could easily connect to a live, licensed mental health professional on-demand.

**Open the app.
Connect to a counselor.**



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META Teletherapy is **not** associated with the Meta brand that owns Facebook, Instagram, etc.



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teletherapy

FAQ

Ranger College is providing you with access to the **META Teletherapy**, an Uber-like app that connects you to licensed mental health providers for secure sessions from the privacy of your phone.

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