

Welcome To
meta



Your Private & Confidential Teletherapy App

META is the only teletherapy app designed to support you throughout your time in college

Choose your own provider and use chat, video, and voice counseling whenever you want from your smartphone.



All Medgar Evers College students are eligible for free online counseling sessions



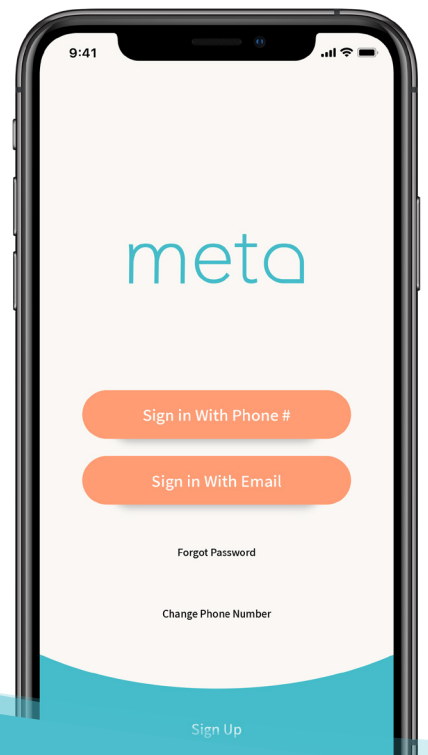
School-Paid Sessions

Medgar Evers College is covering a limited number of counseling sessions with META providers. Use the advanced filters to find providers offering school-paid sessions.



Choose Your Counselor

Medgar Evers students can choose to work from any available META provider



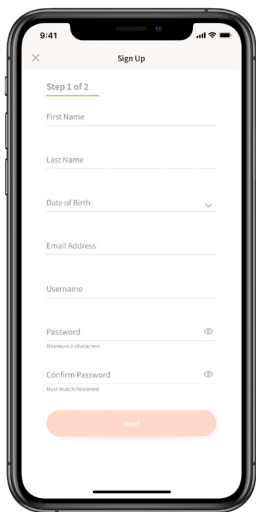
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meta.app/students | 833-844-META

Easy to Get Started!

Download the META app by using the QR code below or by visiting meta.app/users

1

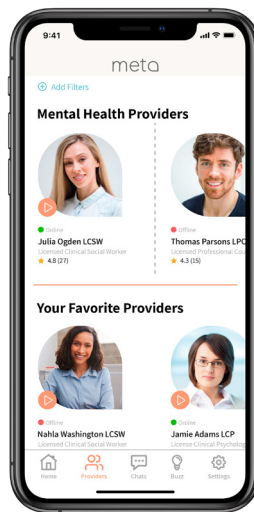
Create Your Profile



Include Medgar Evers College in your profile

2

Search for Providers



Use filters to find qualified professionals for you

3

Start a Dialogue



Schedule counseling sessions by chat, video, or voice

College is the right choice. META is here to help.

- STRESS, ANXIETY, & DEPRESSION**
 Learn how to cope when you're feeling overwhelmed
- FAMILY ISSUES**
 Talk about your relationships and find solutions to problems

- RELATIONSHIP PROBLEMS**
 Whether you're going through a break-up or fighting with your roommate, let's talk about it
- FINANCIAL PRESSURES**
 Don't let money concerns prevent you from enjoying life



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