

TAKE CONTROL OF STRESS



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| Private & Confidential Counseling

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TAKE CONTROL OF DEPRESSION



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TAKE CONTROL OF ANXIETY



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TAKE CONTROL OF FEAR



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TAKE CONTROL OF WORRY



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TAKE CONTROL OF ADDICTION



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Sign Up for Meta

DOWNLOAD THE APP

Visit Meta.app/Students to download the Meta app

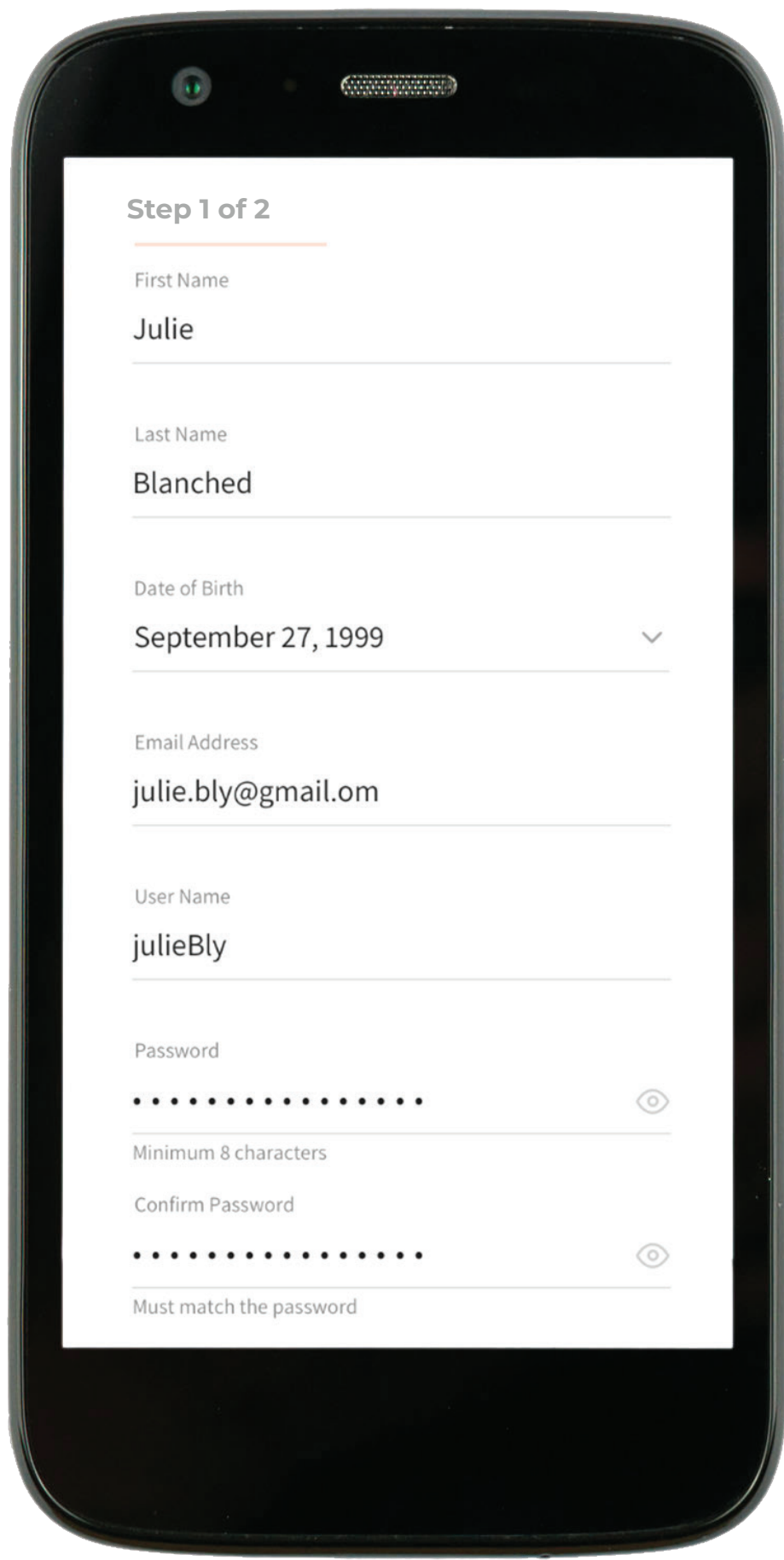
or use this nifty QR code



Need help?
833-844-META

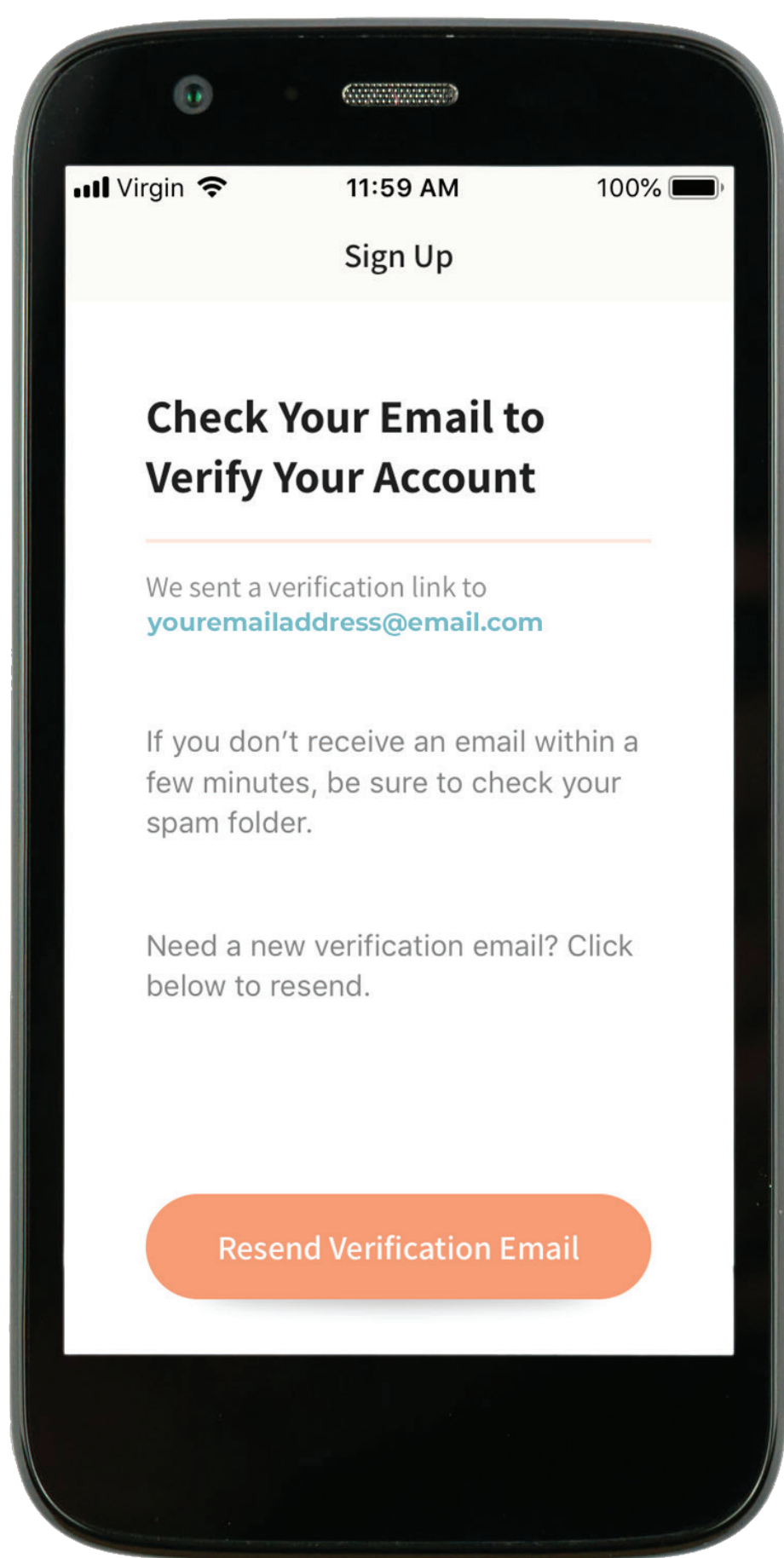
CREATE A PROFILE

Fill out basic information like name and password



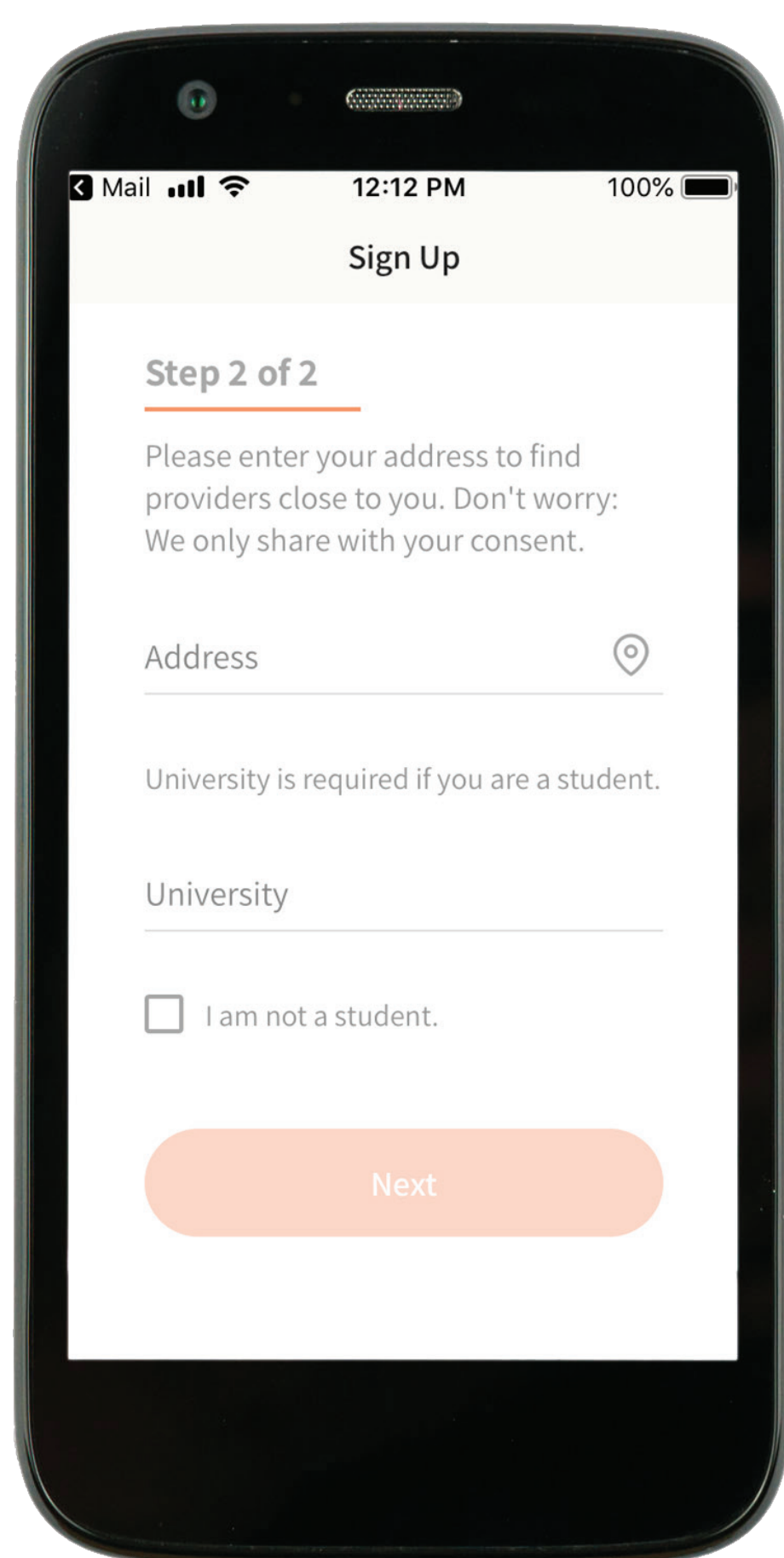
VERIFY YOUR EMAIL

Check your email to gain access



SET YOUR LOCATION

Enter your address to find providers in your area



IT'S OKAY TO NOT FEEL OKAY.

Half of adults in the U.S. have experienced anxiety, depression, or stress by age 14.

TAKE CONTROL WITH META.

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Private & Confidential Counseling

Summer break is your time to relax. META is available all year long.

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OWN YOUR STORY.

Talking to a wellness professional in a private setting significantly reduces symptoms of anxiety & depression.

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“THERE’S POWER IN
SPEAKING UP.”

Empower yourself through private counseling sessions with a Meta wellness professional.

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Summer break is your time to relax. META is available all year long.

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