



meta

Private & Confidential Teletherapy

META is the first teletherapy app designed for college students

Talk to a counselor of your choice without leaving your room!

FLEXIBLE

Counseling on your schedule,
no designated office hours

AFFORDABLE

Pay out-of-pocket by credit/debit or
use insurance co-pay

CONFIDENTIAL

All interactions are completely private

SECURE

App is secured with PIN/FaceID/thumbprint

meta.app/students



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When to Use META

Don't wait, talk to someone today!

STRESS, ANXIETY, & DEPRESSION

Learn how to cope when you're feeling overwhelmed

PERSONAL ISSUES

There's no judgement—get advice on whatever is bringing you down

RELATIONSHIP PROBLEMS

Whether you're going through a break-up or fighting with your roommate, let's talk about it

ADDICTION & SUBSTANCE ABUSE

Don't become another statistic—learn how to overcome your demons

“With school being so time consuming, I noticed life started to take a toll on me. Thankfully, META made it really easy for me to seek help to better my mental health.”

-Taylor S.

Set up a Free Consultation Today!

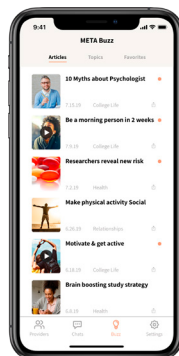
Receive an initial consultation with a counselor, no credit card required.

Here's how:

- Filter providers in search
- View providers' intro videos
- Pick 2 or 3 providers you like
- Schedule a consult via chat

Counseling Sessions are Easy & Affordable!

- Video call on Android/iOS
- Pay by credit card or insurance
- All sessions are secure & private



META Buzz

META has more to offer than online counseling. META Buzz delivers articles, and videos on topics that matter to you.

Learn how to manage stress and deal with common issues all college students are facing.

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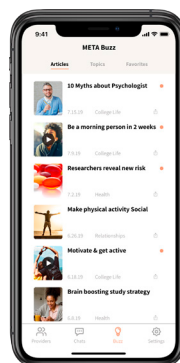
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