

Free Counseling.

META Teletherapy

meta



Free private sessions - choose your own counselor

Cowley College is offering a limited number of teletherapy sessions on META

Your mental health matters, especially while in school. Talking to a licensed counselor can help you cope with any emotional turmoil you're experiencing, including feelings of isolation, depression, stress, and anxiety. **Cowley College will cover the costs for a limited number of counseling sessions with META providers.**

Download the free app today to get started: meta.app/students.

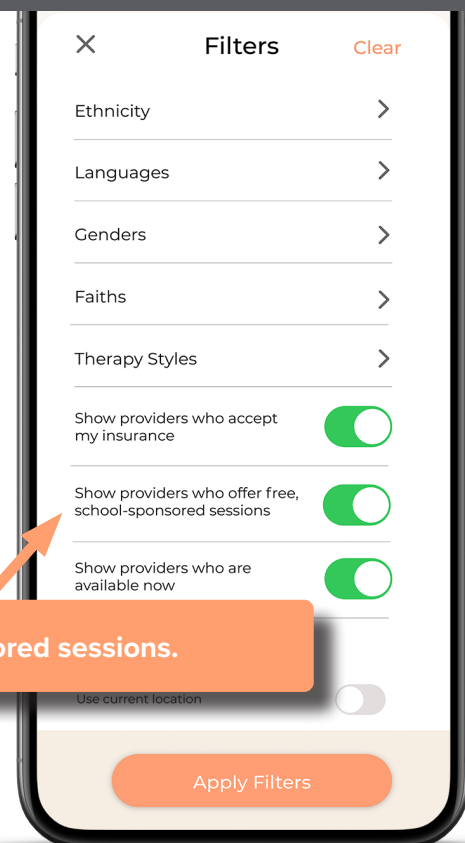
Note: Selecting too many filters may prevent providers from displaying.



Use the advanced filters to show providers offering school-sponsored sessions.



meta.app/students | 833-844-META

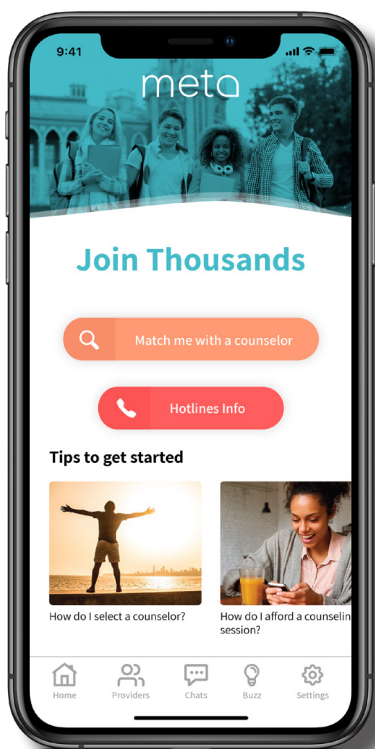


How META Works

1

GET THE APP

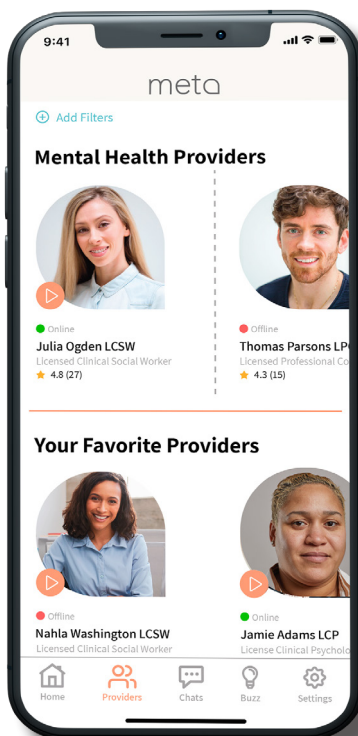
Include Cowley College in your profile to qualify for free sessions.



2

CHOOSE A COUNSELOR

Filter a network of licensed counselors by gender, language, therapy style and more.



3

START A DIALOGUE

Connect with your counselor over chat, video, or voice call through the privacy of your phone.



🔍 Search “META Teletherapy” in your app store to download



Your privacy is protected end-to-end.
No one can access your personal information without your consent.

You're not alone - try META today.

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