# Free Counseling.

META Teletherapy

# meta

### Free private sessions - choose your own counselor

### Medgar Evers College is providing students with free teletherapy sessions on META

Your mental health matters, especially while in school. Talking to a licensed counselor can help you cope with emotional turmoil including feelings of isolation, depression, stress, and anxiety. Medgar Evers College will cover the costs for a limited number of counseling sessions with META providers on a first-come, first-served basis.

#### Download the free app today: meta.app/users/

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

 $\bigcirc$ Use the advanced filters to show providers offering school-sponsored





meta.app/students | 833-844-META

×	Filters	Clear
Ethnicity		>
Languages		>
Genders		>
Faiths		>
Therapy Styles	5	>
Show providers my insurance	who accept	
Show providers school-sponsore		
Show providers available now	who are	
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, with a counselor

## How META Works



#### GET THE APP

Include Medgar Evers College in your profile to qualify for free sessions.





#### **CHOOSE A COUNSELOR**

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

meto

Thomas Parsons L

Jamie Adams LCF

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**Mental Health Providers** 

**Your Favorite Providers** 

(+) Add Filters

Julia Ogden LCSW

Nahla Washington LCSW

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4.8 (27)



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



 ${f Q}$  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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