Welcome To

meta

adler | GRADUATE



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 Adler Graduate School students are eligible for online counseling sessions



META is 100% Confidential

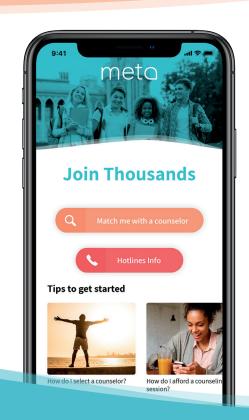
The contact you have with providers is not shared with anyone, including your school.



Choose Your Own Counselor!

Filter providers by gender, ethnicity, therapy style and more to find a counselor





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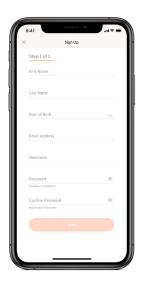
Easy to Get Started!

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





Create Your Profile



You'll need to verify your email and select your campus

Search for Providers



Use filters to find qualified professionals for you

Start a Dialogue



Schedule counseling sessions by chat, video, or voice

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

- ANXIETY, STRESS, & DEPRESSION

 Learn how to cope when you're feeling down
- FAMILY ISSUES

 Relationships require work and reflection
 —work with counselor for help on how
- WORK-LIFE BALANCE
 Talk to a professional about how to balance your priorities
- TRAUMA

 Don't let your past impair you from functioning day-to-day

