

Welcome To
meta

Your Private & Confidential Teletherapy App

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 Lake Area Technical College students are eligible for online counseling sessions on the META app



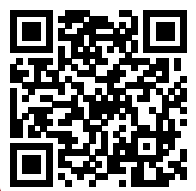
META is 100% Confidential

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

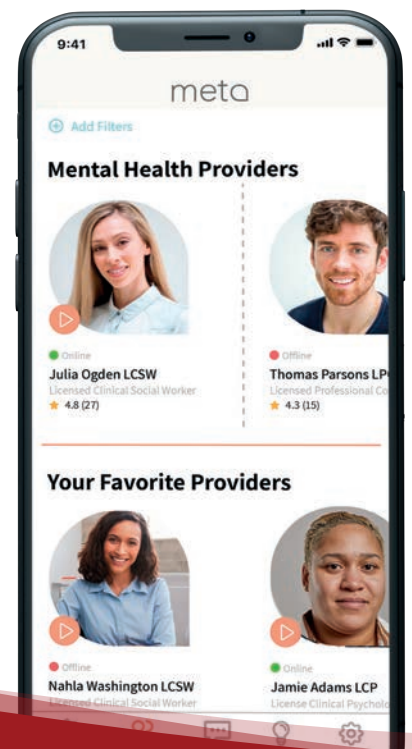


Choose Your Counselor

Lake Area Technical College students can connect with META providers for voice, video, and chat counseling.



Download META Today
meta.app/students | 833-844-META



Easy to Get Started!

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

1

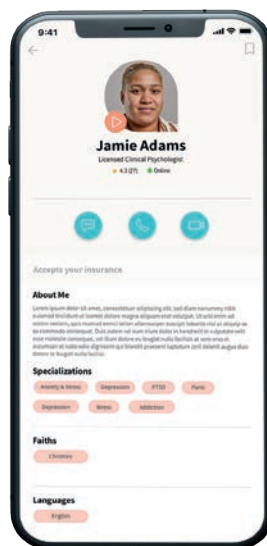
Create Your Profile



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

2

Search for Providers



Use filters to find qualified professionals for you

3

Start a Dialogue



Schedule counseling sessions by chat, video, or voice

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

- ANXIETY**
Stop worrying about issues beyond your control and get your life back.
- DEPRESSION**
Talk with a counselor about how to handle bouts of depression.
- ACADEMIC BURNOUT**
Feel better about your future career and how to prioritize school.
- ADJUSTING TO ADULTHOOD**
Receive guidance into navigating the systems in adulthood.



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