



**The Counseling Center is now offering two great ways to participate in short-term individual counseling.**

## **1. META Teletherapy**

**[PROVIDING ON-LINE MENTAL & EMOTIONAL SUPPORT TO STUDENTS]**

A digital mental wellness platform that connects students with licensed counselors through a mobile app for confidential remote video, voice, and chat sessions. A “buzz” feature within the app contains wellness articles and videos for students.

Feel free to download META app at [www.meta.app/students/](http://www.meta.app/students/) for on-line counseling.

**OR**

## **2. SAM - (Student Assistance by Mercy)**

**[PROVIDING MENTAL AND EMOTIONAL SUPPORT & CRISIS INTERVENTION BY TELEPHONE]**

Professionally trained counselors are available to provide confidential, cost-free counseling and crisis intervention services to students and staff 24 hours a day, including Saturdays & Sundays.

Professional counselors can be reached by calling **1-855-225-2726**.

**COUNSELING SERVICES IS HERE TO HELP YOU STAY STRONG TO THE FINISH!**