

If you or someone you care about is experiencing anxiety, worry, sadness, and/or irritability, they might benefit ...

## ◆ **GET A FREE SCREENING**

**AND**

## ◆ **GET FREE INFORMATION ABOUT ANXIETY & DEPRESSION CAUSES, TREATMENT & MORE**

**From the CSU Counseling Center Staff**

***It Only Takes 5 Minutes!!!***

**Wednesday March 20, 2019**

**Student Center Ballroom**

**11:00AM ~ 1:30 PM**

*Anxiety (42%) is the number one issue for college students coming to counseling!*

*48% of CSU students found it hard to function some time last year due to being depressed.*

This event is open to CSU

Students, faculty and staff

Sponsored by: The Counseling Center

For More Information call 216-687-2277

***CSU STOMP OUT STIGMA WEEK***  
***ANXIETY-DEPRESSION SCREENING DAY***

