



Feeling overwhelmed?

*Build your mental health to better cope with
life's challenges!*



Download the free “marblesapp” on [Google Play](#) or [Apple Stores](#) or download it at www.livebeyondthelabel.com to help strengthen your mental health!

The 100% anonymous, stigma free app allows you to help yourself and one another through the stress of everyday life. Submit daily reflections, communicate anonymously, and connect with mental health resources.

Create an account and join the “Cleveland State” community as a student, faculty/staff, or family member.



VikeHealth and the Suicide Prevention Task Force have partnered with the Marbles app to bring mental health support to CSU students, faculty, staff and family members through your phone.