



YScreen is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

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YScreen Encourages Parents to LISTEN

Although adolescence is a time when teens tend to talk less and less with their parents, this is actually the most important time for parents to LISTEN to their teens. Whether it is listening to your teen in the car to and from school or while eating dinner together, it is crucial that parents are aware of what their teens are telling them. The teen years come with many social, emotional and physical changes. Although all teenagers experience these changes, mental health problems arise in about one in five adolescents and only about one-third of them receive the help they need (Mental Health America of Wisconsin, 2013). It is imperative that parents take time to listen to their children and take the necessary steps to support them if needed. Emotional health screening is available for teens in Fond du Lac County through the YScreen Program free of charge to their families and schools.

Early Signs of Mental Health Concerns:

- Decline in school performance
- Poor grades despite strong efforts
- Constant worry or anxiety
- Repeated absence at school or not taking part in normal activities
- Hyperactivity or fidgeting
- Ongoing trouble sleeping or nightmares
- Excessive disobedience or aggression
- Frequent outbursts of anger
- Persistent depression, sadness or irritability

Listening Tools:

- Give him/her your full attention
- Be attentive with words and body language
- Listen to actions as well as words
- Be alert for moments of honesty and vulnerability
- Reflect his/her emotions
- Be interested in what he/she is saying

Many parents notice some of these signs and may attribute them to being a “teenager,” or they could be unsure of what they can do to help. The YScreen Program is here to help. YScreen identifies early symptoms of depression, anxiety and suicide. YScreen staff also connects teens and their families to the appropriate community resources that address these concerns. If you would like to request screening for your child, please contact us at **(920) 906-6700 ext. 4714**.

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way and Agnesian HealthCare.