



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.

**January 2016
New Year - New You**

Did you make a New Year's resolution to lose weight, exercise more or start a new diet? While those may be healthy commitments, making commitments to improve your emotional health are just as essential. Simply changing your thought process can lead to a more positive and productive life. Next time you are having a rough day or struggling to complete a task, try changing your words and therefore changing your mindset.

<u>Instead of</u>	<u>Try</u>
I give up	I'll use some of the strategies I've learned
This is too hard	This may take some time and effort
I made a mistake	Mistakes help me improve and grow
I will never do it like they do it	What can I learn from them?
I don't understand	What am I missing?

YScreen can help identify signs of stress and anxiety that may be a result of an unhealthy commitment. YScreen staff can also help connect teens and their families to the appropriate community resources that can address these concerns and help them cope. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information about YScreen, please contact us at **(920) 906-6700 ext. 4714**.

<p>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.</p>
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