



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.

March 2016
Healthy Nutrition & Sleep can Improve Mental Health

Did you know that March is National Nutrition Month and Sleep Awareness Month? In today's society, children are constantly on the go. Whether it be school, homework, sports and tournaments or spending time with friends, children are at a higher risk for poor nutrition and poor sleeping habits. These habits can affect your emotional well-being. Try these tips to increase their nutrition and sleep habits.

Healthy Nutrition Habits

Have regular family meals

Be a role model by eating healthy yourself

Involve children in the process of meal planning and preparation

Grow some of your own food ex: start a garden

Healthy Sleep Habits

Go to bed at the same time every night

Make your bedroom a quiet, dark & relaxing environment

Remove TV's computers & other devices from your bed

Avoid large meals/ snacking before bed

YScreen can help identify signs of stress and anxiety that may be a result of unhealthy nutrition and sleep habits. 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**.

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.