



**YScreen** is the emotional health screen offered to all 9<sup>th</sup> 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.