



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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Self-Harm Can be a Non-Suicidal Behavior

Self-harm or self-injury can be a non-suicidal behavior and is a means of hurting yourself on purpose. The most common forms of self-injury are cutting, burning, and head banging. Self-harm is not a mental illness but rather a coping mechanism to deal with intense emotional distress. The question then become what are some healthy coping skills we can promote and encourage to our youth?

While the list is endless, below are some coping strategies to try:

- Make homemade stress balls (with balloons and playdough)
- Explore relaxation exercises (deep breathing, yoga, meditation, and/or muscle relaxation techniques)
- Talk it out with a family member, friend, and/or pet
- Go for a walk and enjoy the scenery
- Take a time out – listen to music, draw, dance, write in a journal, read a good book, or spend time with a pet
- Keep a positive attitude – optimists and positive thinkers experience better health and less stress
- Learn to say “no” – Being over committed can be overwhelming and cause more stress

To learn more about self-harm, please visit:

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Self-harm>

YScreen staff help connect teens and their families to the appropriate community resources that can address these concerns and help them cope with their stress. 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, 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, Agnesian HealthCare, and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.