



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.

November 2016

Emotional Health Awareness

The state of one's emotional health can influence how we view ourselves, our lives, and those around us. Several internal and external factors contribute to a youth's overall well-being including; family, peers, school, nutrition, extracurricular activities, trauma, and physical health. These factors may result in anger, depression, anxiety, and suicidal ideation or attempts.

Positive Coping Skills

Take time out for yourself
Reading/writing
Friendship
Caring for a pet
Spirituality
Humor
Listen to music/play an instrument

Negative Coping Skills

Drugs/alcohol use
Self-mutilation
Denial of feelings
Over eating/under eating
Express negative feelings inappropriately
Excessive worry

Tips To Improve Emotional Health

- Identify your strengths and weaknesses: turn your weakness into a positive
- Listen to compliments: we need to remember the positives
- Take time for family and friends
- Accept support from friends, family, clergy, teachers
- Accept yourself: get to know yourself, recognize what you can and cannot change

YScreen can help identify signs of stress and anxiety that may impact your child's overall well-being. 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, Agnesian HealthCare, and the Wisconsin Partnership Program through the UW School of Medicine and Public Health.