



YScreen is an emotional health screen offered to all 9th graders at high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

YScreen Recognizes September as Suicide Awareness Month National Suicide Prevention Week: September 5-11, 2016

When suicidal behaviors are detected early, lives can be saved. Please join **YScreen** in supporting suicide prevention. Together we can reduce the number of lives shaken by a needless and tragic death.

Consider these facts:

- In the 2016 Fond du Lac School District Student Health Survey, 17% of 8th, 10th & 11th grade respondents reported they have seriously considered suicide. This is significant decrease from a high of 21% in 2006. Eight percent of respondents state they have attempted suicide, which has remained fairly consistent over the years.
- YScreen is the **only program** in our community that addresses the issue of teen emotional health and suicide prevention through screening and connection to services. When your 9th grader brings home YScreen information, take time to read it and return the permission slip.
- YScreen and CSI are enhancing suicide prevention efforts by providing suicide prevention trainings including QPR and Youth Mental Health First Aid in the community throughout the year. See www.csifdl.org for program information.

Together as a community, we **can** make a difference in the lives of our youth.

Know the Warning Signs of Suicide

IS PATH WARM?

- **I** Ideation
- **S** Substance Abuse
- **P** Purposelessness
- **A** Anxiety
- **T** Trapped
- **H** Hopelessness
- **W** Withdrawal
- **A** Anger
- **R** Recklessness
- **M** Mood Changes

Additional Considerations for Prevention

- **The National Suicide Prevention Lifeline** – is always available at 1-800-273-TALK. All calls to this helpline are answered in WI at a crisis center closest to you. You can also contact the person's physician, a local mental health professional, a clergyperson or another trusted professional.
- **Secure Firearms.** One of the best things you can do to prevent the risk of suicide by use of firearms is to reduce the access to lethal means. Another preventative measure is to use gun-locks which can be acquired at the Sheriff's Department and City Police Department at no cost.
- **Become Informed.** Following are important resources that will help you understand how real, common and treatable some mental health disorders are:
 - Suicide Prevention Resource Center: www.sprc.org
 - Mental Health of America: www.mhawisconsin.org
 - Helping Others Prevent and Educate about Suicide: www.hopes-wi.org
 - National Mental Health Information Center: <http://mentalhealth.samsha.gov/>

YScreen staff help connect teens and their families to the appropriate community resources that can address emotional health concerns. If you would like more information or to request screening for your child, please contact us at (920)906-6700 ext. 4714.

The Fond du Lac Area YScreen Program is administered through the 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.