



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.

May 2018

Mental Health: We All Have It!

May is Mental Health Awareness Month. Here at YScreen we are always active in reducing the stigma associated with mental health and the negative connotations that may accompany it. Merriam Webster defines mental health as “a person’s condition with regard to their psychological and emotional well-being.” Notice that this definition does not include words like ‘issues,’ ‘problems,’ or ‘disorders’. Just like we all have physical health, we all have MENTAL health.

Stigma associated with mental health can delay or impede getting help, treatment, or recovery. To help combat the stigma of mental health, you can use these tips:

- Know the facts
- Be aware of your attitudes and behavior
- Choose your words carefully
- Educate others
- Focus on the positive
- Educate yourself about mental health problems
- Support people
- Include everyone

For more information on mental health resources or events near you, please go to <http://www.csifdl.org/index.html>.

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.