



**May 2019**  
**Mental Health- We ALL have it!**

**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.

When a youth you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. YScreen recognizes May as Mental Health Awareness Month and the importance of maintaining a healthy lifestyle to improve mental and physical health. Throughout the month, we will be focusing on ways to achieve and maintain mind-body balance and exploring topics of social connections and recreation, work-life balance, humor, and spirituality and religion. To stay connected and learn how these things work to boost mental health and general wellness, follow [CSI Fond du Lac](#) on Facebook.

**Quick Facts on the Benefits of Mind-Body Balance**

**Social Interactions and Recreation**

- People with strong social relationships are 50% likely to live longer
- Adolescents who participate in sports have lower odds of suffering from depression or think about suicide, likely because sports increase self-esteem and social support

**Work-Life Balance**

- People who feel they have good work-life balance are more satisfied with their job and life and experience fewer symptoms of depression and anxiety
- More than two-thirds of people have had their sleep negatively affected by workplace issues

**Humor**

- Laughing decreases levels of stress hormones
- Your heart, lungs, and muscles are stimulated when you laugh
- Improves mood
- Provides better interaction with others
- Helps reduce the risk of blood clots, heart conditions, and other stress-related diseases

**Spirituality and Religion**

- In people born with heart diseases, being religious or spiritual led to healthier behaviors, better quality of life, and higher life satisfaction
- Having a sense of meaning, purpose, or connection to something larger than oneself is associated with positive mental health outcomes in people receiving cancer treatment

YScreen promotes emotional health screening as one way to measure one's mind-body balance. 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.