



May 2020

Mental Health- We ALL have it!

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.

When a youth you love is dealing with a mental health concern, sometimes it can be overwhelming. It's important to remember that mental health is essential to overall 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 practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. These tools include, owning your feelings; finding the positive after loss; eliminating toxic influences; creating healthy routines; supporting others; and connecting with others. Living a healthy lifestyle isn't easy and can be achieved by gradually making small changes and building on those successes. To stay connected and learn how these things work to boost mental health and general wellness, follow [CSI Fond du Lac](#) on Facebook.

Practical Tools to Thrive

Owning your Feelings

- It can be easy to get caught up in your emotions as you're feeling them. Most people don't think about the emotions they are dealing with, but taking the time to identify what you're feeling can help you better cope with challenging situations.

Finding the Positive After Loss

- At some point in our lives we will all experience loss. By looking for opportunity in adversity or finding ways to remember the good things about who or what we've lost, we can help ourselves to recover mentally and emotionally.

Eliminating Toxic Influences

- Certain people and situations in life can trigger us to feel badly about ourselves or engage in destructive behaviors. Identifying the toxic influences in our lives and taking steps to create boundaries or a new life without them can improve mental and physical health over time.

Creating Healthy Routines

- Work, paying bills, cleaning, cooking, etc....It can feel impossible to get everything done in a day. By creating routines, we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

Supporting Others

- While 1 in 5 people will experience a diagnosable mental health condition in their lives, 5 out of 5 people will go through a tough time that affects their mental health. There are simple things that a person can do to help people in their life who are struggling.

Connecting with Others

- It's possible to be surrounded by people and still feel alone. It's the connections we make with other people that help enrich our lives and get us through hard times, but sometimes it's hard to know how to make those connections.

YScreen promotes emotional health screening as a time to discuss the tools a student has to improve their mental health. YScreen staff can also help connect teens and their families to the appropriate community resources that can address any concerns that may be identified. 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) 906-6571**.

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 Agnesian HealthCare, a member of SSM Health and Fond du Lac Area United Way.