



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

### “#KeepGoing ”

## **YScreen Recognizes September as Suicide Awareness Month National Suicide Prevention Week: September 6<sup>th</sup>-12<sup>th</sup>, 2020**

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:

- Suicide is the **2<sup>nd</sup> leading** cause of death both nationally and in Wisconsin.
- In 2020, results of the Fond du Lac County Alcohol, Tobacco and Other Drugs (ATOD) Survey, 14% of 8<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> grade respondents reported they have seriously considered suicide. This is a decrease from a high of 21% in 2006, but **there is still work to be done as no loss is ever acceptable**. Six 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 9<sup>th</sup> 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](http://www.csifdl.org) for more information.

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

### **#BeThe1To**

1. Ask
2. Keep them safe
3. Be there
4. Help them connect
5. Follow up

<http://www.bethetto.com/bethetto-steps-evidence/>

### **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 clergy person 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](http://www.sprc.org)
  - Mental Health of America: [www.mhawisconsin.org](http://www.mhawisconsin.org)
  - Prevent Suicide Wisconsin: [www.preventsuicidewi.org](http://www.preventsuicidewi.org)
  - American Foundation for Suicide Prevention: [afsp.org/about-suicide/](http://afsp.org/about-suicide/)

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)906-6571.

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.