



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.

April 2020
Supporting Youth during the COVID-19 Pandemic

COVID-19 has caused many people including youth to experience a variety of emotions. During this time when something such as the “safer at home” order is put in place and people’s lives are drastically restricted, it is reasonable to expect to see mental health concerns present in youth. This can happen whether a child has experienced previous mental health symptoms or not. COVID-19 presents everyone with some level of fear of the unknown. It is important to speak with youth about the reality of the situation and to educate them about healthy ways to cope with the emotions they may be experiencing. Check out common changes to watch for in youth as well as healthy strategies to engage in while still practicing safe social distancing:

<u>Changes to Watch for:</u>	<u>Healthy Strategies</u>
<ul style="list-style-type: none">• Excessive worry or sadness• Unhealthy eating or sleeping habits• Irritability and “acting out” behaviors in teens• Difficulty with attention and concentration• Unexplained headaches or body pain• Use of alcohol, tobacco, or other drugs	<ul style="list-style-type: none">• Stay connected with friends via phone, messaging or skype• Spend time in nature• Exercise – walk, run, stretch, meditate• Draw, paint, write• Practice breathing techniques• Take time away from social media• Limit the type of news being taken in

For more information on how to talk to youth about COVID-19, please visit:

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://www.fdlpl.org/news/stuck-home-covid-19-resources-parents>

YScreen can help identify signs of stress, anxiety, and depression that may impact a student’s health. YScreen staff can also help connect teens and their families to the appropriate community resources that can address these concerns and help them cope. 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 about YScreen, 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.