



February 2012 Newsletter info.

TeenScreen is the emotional health screen offered to all 9th graders at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide. Learn more at www.teenscreen.org or call the TeenScreen office at 906-6700 ext. 4714

Fond du Lac Area TeenScreen Program



TeenScreen Tidbit: STATUS UPDATE:  adds a feature for suicide prevention, but is NOT the only option!

We definitely  that facebook has added a feature to offer support to those suffering and to help prevent suicides, but it is important to know there are additional things that can and should be done here in the real person to person world. Simply clicking an alert on facebook is not enough!

Suicide WARNING signs:

- Threatening to or talking about wanting to die
- Talking about feeling hopeless or no reason to live
- Increased drug/alcohol use
- Sleeping disturbance – too much or too little
- Feeling trapped or a burden to others
- Extreme mood swings
- Isolating self
- Giving away possessions, saying good bye
- Discussing or acquiring ways to kill self, ie. gun or pills...

What you can do if someone is Suicidal:

- Call **1-800-273-TALK (8255)**
(National Suicide prevention Hotline)
- Reach out. Asking about suicide DOES NOT increase risk
- Listen, don't judge and stay with the person
- Get others involved – tell an adult
- Don't promise secrecy
- Call your local mental health center, hot line or 9-1-1 for emergency

(FDL County Mental Health crisis line 929-3535)

Resources: QPR Institute, Inc and Prevent Suicide Wisconsin, Inc

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906-6700 ext 4714 www.teenscreen.org