



Connected  
Community  
WELLNESS SCREEN  
*BWell2Excel*

*Connected Community Wellness Screen is an emotional wellness check-up offered right at school to 9th graders and other teens whose parents consent.*



**Stand Up Against Stigma in Your School  
with a May Mental Health Awareness Month Display**

**It's easy -- and it has an impact.**

**May is Mental Health Awareness Month. Will you consider marking the month in your school with a simple display?** All you need is five chairs, one sheet of paper, some

tape, and [p. 6 of this toolkit](#).

## Your Display in Three Simple Steps

- (1) Set up **five chairs** in a high-traffic area of your school.
- (2) Print [p. 6 of this toolkit](#) in color and tape it to one of the chairs.
- (3) **Take a picture** of your display and post it to Facebook, #StandUpAgainstStigma.

Read the rest of [the toolkit](#) to learn more about what your school can do to Stand Up Against Stigma.

Then consider taking part in the [Fox Valley's Mental Health Awareness Month Kickoff](#) on May 2, where you'll see a large-scale Stand Up Against Stigma display.

### Think you or someone you know might be depressed?

The N.E.W Mental Health Connection is sponsoring an **anonymous screening** for adults, which concludes with a list of local resources that offer help and hope -- including Samaritan Counseling Center.

## How does Wellness Screen work?

First, **parents/guardians provide consent** for teens to participate in the check-up. Then the **teens themselves agree to participate** in the two-step screening process:

1. Teens complete a **10-minute computerized questionnaire** exploring vision, hearing and dental problems; symptoms of depression and anxiety; suicidal thinking and behavior; attention problems; disruptive behavior; and use of drugs and alcohol.
2. Teens meet with a member of the Wellness Screen staff to discuss their check-up. **When a check-up indicates reason for concern, parents are notified** and assisted in connecting with a community resource for further evaluation.

## How can I refer a student for a check-up?

To request a check-up, please call **(920) 277-5096**.

For more information about Wellness Screen,

please call **(920) 277-5096**

or visit our [website](#)

*Connected Community Wellness Screen is administered through Samaritan Counseling Center with guidance from the Connected Community Wellness Screen Advisory Councils.*

*Connected Community Wellness Screen is supported in part by:*

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**STAY CONNECTED**

