

# Texas Child Health Access Through Telemedicine



## WHAT IS TCHAT?

Texas Child Health Access Through Telemedicine, or TCHAT, provides mental health services to students in schools across Texas. This **free** program is provided through the University of Texas Medical Branch and your child's school district, and can be utilized whether a student is on campus or distance learning at home.

TCHAT clinicians are available throughout the school year and summer semesters to meet with you and your child to assess and help address your child's mental health needs. Clinicians include UTMB's child and adolescent psychiatrists, psychologists, and other licensed mental health professionals from our treatment team.

## WHAT WE OFFER STUDENTS AND THEIR FAMILIES

- Up to 5 telemedicine sessions with a TCHAT clinician to get mental health assessment and support.
- Referrals to community mental health services to help create a pathway to care for your child that includes their school, community mental health providers, and primary care physicians.

## BENEFITS OF PARTICIPATING IN TCHAT

- Assessment of your child's behavior and emotional functioning
- Recommendations for continuing mental health care treatment, if needed
- Answers to questions about your child's mental health
- Education on mental health topics

## CONNECT WITH TCHAT

If you have a mental health concern about your child, please notify your student's school to request a referral.

For more information, scan the code below



## SIGNS YOUR CHILD MAY NEED TCHAT SERVICES

- Starts to show behaviors they have outgrown (toileting accidents, bedwetting, thumb sucking)
- Sadness or worry that last long periods
- Avoiding friends and/or isolating away from family when at home
- Changes in eating or sleeping habits that seems unhealthy
- More frequent tantrums or "acting out" behaviors
- Avoiding schoolwork or having trouble concentrating
- Low motivation to participate in activities that your child enjoys
- Unexplained, frequent complaints of physical symptoms such as headaches, stomachs, or body pain



**TCHAT**  
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**utmb** Health

Working together to work wonders.