

Is Your Child Struggling?



You're Not Alone. TCHATT Can Help!

1 in 5 children have mood, behavior, or relationship challenges. **Students who get mental health help often:**

- ✓ **Do better in school.**
- ✓ **Have more self-confidence.**
- ✓ **Learn to handle anxiety, stress, challenges, and tough feelings.**

How TCHATT Works

-  Free, virtual, and private visits with local, licensed clinicians. No insurance needed.
-  Coordinated with your child's school, and in schools across Texas.
-  TCHATT doesn't tell your child's school what you or your child share with us, unless you ask us to.

What to Expect

- » To start, we meet with you and your child for a virtual assessment to talk about what is going on and how we will work together.
- » Ongoing appointments focus on your child's needs. Flexible appointment times.
- » If they need more, we connect your family to community services.

To Get Started

Reach out to your school counselor to learn more about TCHATT and how to sign up.



tcmhcc
Texas Child Mental
Health Care Consortium

TCHATT
Texas Child Health Access
Through Telemedicine

**TCHATT is not a crisis service.
Dial 911 or 988 for emergency help.**