



TCHATT
Texas Child Health Access
Through Telemedicine



UT Tyler
HEALTH SCIENCE
CENTER

Texas Child Health Access Through Telemedicine *Information For Teachers*

What is TCHATT?

Texas Child Health Access Through Telemedicine, or TCHATT, collaborates with your school to provide mental health resources they may not have access to such as referrals and counseling. TCHATT is free for those in need of urgent behavioral or emotional assessment and care. We serve students in first through 12th grades.



School **BENEFITS**

TCHATT provides training and educational materials for school staff to assist in assessing, supporting, and referring children and adolescents with mental health needs. If desired, we also assist in developing or providing consultations to schools on crisis protocols.

Student & Family **BENEFITS**

- Up to five follow-up assessments with a licensed mental health professional
- Referral to community resources and ongoing care if needed
- Education on coping tools and techniques for management of stressors and symptoms



Who Can Be Referred to TCHATT?

Changes IN MOOD OR BEHAVIOR

- Social isolation
- Decreased interest in normal activities
- Changes in sleep
- Frequently sad or angry
- Outbursts and extreme irritability
- Significant change in academic performance

Anxiety OR HIGH STRESS

- Feeling fearful
- Difficulty falling or staying asleep
- Avoiding certain places or people
- Panic attacks (episodes of breathing fast, heart racing, pressure in chest, etc.)

Challenging RELATIONSHIPS

- Arguing with friends, teachers, or family members
- Sudden changes in friendships or relationships
- No longer interested in important relationships

Thoughts OF SUICIDE OR SELF-INJURY

- Non-accidental injuries
- Statements about being a burden to others
- Making statements about not wanting to live or not wanting to wake up

Active plans or attempts at self-harm require immediate attention. Call 911 or visit the nearest ER.

