TCHATT
Texas Child Health Access
Through Telemedicine

UTTyler
HEALTH SCIENCE
CENTER

Texas Child Health Access Through Telemedicine
Information For Parents

What is TCHATT?

Texas Child Health Access Through Telemedicine, or TCHATT, partners with your child's school to provide assessment, treatment, and various mental health tools 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.

How Does it Work?

STEP One

Request a referral to TCHATT through the school staff (teachers, coaches, school counselors, etc.).

STEP Two

A TCHATT representative will contact the student and their parent/legal guardian to schedule up to five secure telehealth sessions with a licensed mental health professional.

STEP Three

Sessions may include assessments, coping techniques, and education on managing thoughts, emotions, and behaviors. Parents/legal guardians are encouraged to participate.

STEP Four

If recommended, a therapist will speak with the student and their parent/legal guardian about the treatment plan and help connect the student to care within the local community.

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Signs Your Child May Benefit from 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.