

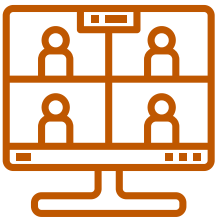
Texas Child Health Access Through Telemedicine



TCHAT
Texas Child Health Access
Through Telemedicine

Texas Child Health Access Through Telemedicine, or TCHAT, provides mental health services to students in schools across Central Texas. This **free** program is provided through Dell Medical School and your school district.

Our clinicians include pediatric psychologists, psychiatrists, and other licensed mental health providers.



**Up to 5 telehealth
appointments per
academic school
year**



**Referrals to
community
providers for
ongoing care**

Signs your child may need TCHAT services

- Persistent sadness or worry
- Change in eating or sleeping habits
- More frequent tantrums or "acting out"
- Avoiding schoolwork or having trouble concentrating
- Avoidance of activities that your child used to enjoy
- Unexplained physical symptoms such as headaches, stomachaches, or body pain

What we do

- Assessment of your child's mental health needs
- Recommend strategies to support your child at home and school
- Connect your family to mental health providers in your community
- Answer questions about your child's mental health

Want to refer your child?

If you have a mental health concern about your child, please notify your child's school and they can make a referral to the TCHAT program.



The University of Texas at Austin
Psychiatry and Behavioral Sciences
Dell Medical School