

# Texas Child Health Access Through Telemedicine (TCHATT)

## Are you concerned about a student's mental health?

JPS Health Network has partnered with The University of North Texas Health Science Center to provide TCHATT, a collaborative service that can improve the mental health of a student. TCHATT allows children to see a licensed therapist or psychiatrist through a secure video chat.

### What is TCHATT?

TCHATT is a **free**, time-limited service for young people in need of urgent behavioral or emotional assessment and care that falls outside the boundaries of what a school counselor can provide. Families will consent, receive an assessment, and then be provided up to four sessions focused on the outcome of the assessment. TCHATT will help connect families to additional care if needed.

### Who would benefit from TCHATT?

If you have noticed a student experiencing anything listed below, TCHATT could be right for them.

#### Change in Behavior or Mood

- Becoming more isolated
- Caring less about school, friends, or activities
- Changes in overall mood (more sad or angry)
- Changes in how they talk or think

#### Challenges in Relationships

- Argumentative with friends, teachers, or family members
- Sudden changes in friendships or romantic relationships
- Notable disinterest in previously important relationships

#### Thoughts of Suicide or Self-Injury

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

**If a student is experiencing an immediate crisis:**

**Call 911 and have them taken  
to the nearest emergency center.**



TCHATT  
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**acclaim**  
Improving health together



JPS Health Network  
Fort Worth, Texas

