

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.