

# Concerned about a student's mental health?

Texas Tech University Health Sciences Center El Paso in partnership with the Texas Mental Health Care Consortium presents Texas Child Health Access Through Telemedicine (TCHATT).



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™  
EL PASO



TCHATT  
Texas Child Health Access  
Through Telemedicine

**IF A STUDENT IS EXPERIENCING AN IMMEDIATE CRISIS:  
PLEASE CALL 911 AND HAVE THEM TRANSPORTED TO THE NEAREST EMERGENCY  
CENTER**

This service enables children to see a licensed Therapist or Psychiatrist through a secure video chat Monday through Friday from 7 a.m. - 4 p.m. MT, excluding Holidays.

## Who would benefit from TCHATT?

### If you have noticed a student experiencing:



#### **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.
- Non-accidental injuries or injuries they struggle to explain.
- Statements about being a burden to others.

#### **Changes in 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.

#### **Behavioral Issues**

- Displaying disruptive behavior.
- Displaying signs of truancy.
- History of legal problems.
- Notable aggression toward others.

TCHATT is a free, time-limited service for young people in need of urgent behavioral or emotional assessment and care. Families will consent, receive an assessment, and then be provided up to 4 sessions focused on the outcome of the assessment. TCHATT will help connect families to additional care if needed.

Please reach out to the Texas Tech University Health Sciences Center El Paso Hub to learn more at:

[TCHATT.ELP@ttuhsc.edu](mailto:TCHATT.ELP@ttuhsc.edu)

915-215-4021

[elpaso.ttuhsc.edu/youthmentalhealth/](http://elpaso.ttuhsc.edu/youthmentalhealth/)