

Texas Child Health Access Through Telemedicine



Texas Child Health Access Through Telemedicine (TCHAT) is a free telehealth program designed to help identify and assess the behavioral health needs of children and adolescents. Schools are able to submit referrals and our team works with families to help coordinate access to care.

Whose it for?

TCHAT serves students enrolled in public schools who are experiencing:

- **Anxiety**
- **Depression**
- **Moodiness**
- **Relationship issues**

How does it work?

School counselors can make a referral to the TCHAT team. Once a referral is received our team reaches out to make an appointment for services.

How we help?

We provide evidence-based therapy aimed at helping your child manage their emotions, understand their thoughts, handle conflict, improve communication, and deal with stress.

TCHAT is able to meet with families and provide assessment and support to help identify other issues students may be experiencing.

Contact your school counselor for a referral

