

Free Mental Health Support System

The **free** TCHATT service enables you to see a licensed therapist or psychiatrist through a secure video chat, helping you with a wide variety of topics.

TCHATT can provide assistance with:

Changes in Behavior or Mood

- Becoming more isolated
- Caring less about school, friends, or activities
- Changes in your overall mood: being more sad or angry
- Changes in how you 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



Sessions are offered through internet or phone, focusing on what is most needed. Speak with your school counselor for more information on how to sign up.

The TCHATT service is available Monday – Friday from 8 a.m. – 4 p.m. (excluding holidays).



TCHATT
Texas Child Health Access
Through Telemedicine

acclaim
Improving health together



JPS Health Network
Fort Worth, Texas

hsc
THE UNIVERSITY OF NORTH TEXAS
HEALTH SCIENCE CENTER OF FORT WORTH