

Concerned about a Student's Mental Health?

Texas Tech University Health Sciences Center Department of Psychiatry Presents



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER.
**CAMPUS ALLIANCE FOR
TELEHEALTH RESOURCES**
Supported by TCHAT

**IF A STUDENT IS EXPERIENCING AN IMMEDIATE CRISIS: PLEASE
FOLLOW YOUR SCHOOL'S CRISIS PLAN OR
CALL 911 AND HAVE THEM TRANSPORTED TO THE NEAREST EMERGENCY CENTER**

This service enables youth to see a licensed Therapist or Psychiatrist through face-to-face and secure video chat Monday through Friday 8am-4pm excluding Holidays

WHO WOULD BENEFIT?

If you have noticed a student experiencing:

Change in Behavior or Mood

1. Becoming more isolated
2. Caring less about school, friends, or activities
3. Changes in overall mood: more sad or angry
4. Changes in how they talk or think

Thoughts of Suicide or Self-Injury

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

**ACTIVE PLANS or ATTEMPTS TO DIE or Harm REQUIRES IMMEDIATE HELP-
Call 911 or Go To the Nearest
Emergency Room**

Challenges in Relationships

1. Argumentative with friends, teachers, or family members
2. Sudden changes in friendships or romantic relationships
3. Notable disinterest in previously important relationships

CATR: Supported by TCHAT is a free, time-limited service for youth in need of urgent behavioral or emotional assessment and care.

Families will consent, receive an assessment, and then be provided up to 4 telemedicine sessions focused on the outcome of the assessment.

CATR: Supported by TCHAT will help connect families to additional care if needed.

VISIT OUR WEBSITE TO FIND OUT MORE! <https://www.ttuhscc.edu/catr/default.aspx>



TCHAT
Texas Child Health Access
Through Telemedicine

