

Counselor Tool: Sample Language



Sample Language to Explain TCHATT to Parents/Guardians



I would like to share a helpful resource with you; it's a program named TCHATT, and I think [name of student] would benefit from it. This program is free and funded by the state. Your child seems to be struggling with [note specific emotional or behavioral challenges], and I think TCHATT can help them.

At least 1 in 5 children and teens have challenges with their emotions, behavior, or relationships. TCHATT counselors give focused mental health help to students and families, which can make a big difference. It's completely voluntary and very convenient.



How TCHATT Works:



TCHATT gives your child access to virtual visits with local, licensed mental health professionals. They can connect using a smartphone or computer.

It's a free program available in schools across Texas, and you don't need insurance. (They may ask about insurance only to help connect you with other community services your child may need.)

Your child's sessions are private and held in a quiet place. TCHATT doesn't tell me or the school what you or your child share unless you ask them to (give consent).

First, you'll complete some forms, and then TCHATT will meet with you and your child to assess what your child may need.

Then, if TCHATT is a good fit, they will make a plan with you for TCHATT sessions. They'll tell you when and for how long and talk to you about how you can be involved along the way.

After your child finishes their TCHATT sessions, they may no longer need support. But if they do, TCHATT will connect your family to community services.



Mental health care can make a big difference.



Students often:

Do better in school.

Have more self-confidence.

Learn to handle anxiety, stress, challenges, and tough feelings.



I can help you sign up for the program.



[Counselors! Share other details here about how TCHATT works at your school, including where and when appointments happen, how you as the liaison help the family sign-up, etc.]



tcmhcc
Texas Child Mental
Health Care Consortium

TCHATT
Texas Child Health Access
Through Telemedicine