

Feeling Overwhelmed? Stressed? Anxious? Like No One Gets It?

You're Not Alone. TCHATT Can Help!

1 in 5 students have mood, behavior, or relationship challenges.



100% free, virtual mental health care
with a counselor who will listen.



Private video appointments
on a computer or smartphone.



Try TCHATT.
Start feeling better.



Easy to start: You or your parent/
guardian just needs to tell your school
counselor: ***"I want to try TCHATT."***

Getting help really does help:

Build your confidence & self-esteem.
Manage stress & emotions.



Need help now?

Call or text the national crisis line at **988**,
they're open **24/7**.



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Texas Child Health Access
Through Telemedicine

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