

Mental Health AccessFree mental health access system

Service enables you to see a licensed Therapist or Psychiatrist through a secure video chat Monday through Friday 8am-4pm excluding holidays

Have you recently had a change in mood or behavior?

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

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



Today 12:06 PM

Hey!

Hey...

What's up? you seem off...

I have been feeling off lately... I don't know what's wrong with me... Feels like my mind is going 100 miles a minute I can't focus on anything and I'm so frustrated

Dude, me too – these days it feels like the world is moving way too fast. I'm glad I have my TCHATT therapist talk to about everything

TCHATT? I've never heard of that before, what is that do you have to go anywhere?

Nope! I talked to our school counselor and got connected with a licensed therapist we talk weekly and all from my phone at home! They've really helped me with how I've been feeling lately and the best part is after my four to five sessions I can be connected to an in person therapist to keep on top of how I feel

Word? I'll have to check it out!



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
- 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



