



Working Together to Provide Mental Health Support

Your clinician is recommending a one-time appointment with a psychiatrist.



Your clinician and the psychiatrist will work together to better understand your/your child's mental health needs and create recommended next steps. The psychiatrist is with the Texas Child Psychiatry Access Network or Perinatal Psychiatry Access Network, state-funded programs that cover the cost of this one-time appointment.



What you should know:

- » There is **no cost** to you or your insurance.
- » This is a one-time appointment only to identify a diagnosis and treatment plan for you or your child.
- » The CPAN/PeriPAN team will see you one time and then talk to your/your child's clinician about recommendations.



What you will be asked to do:

- » Agree to the one-time CPAN/PeriPAN evaluation.
- » Provide background information to the CPAN/PeriPAN team.
- » Be present for and participate in the appointment.



What you should know about the appointment:

- » The CPAN or PeriPAN team will **contact you** to schedule your/your child's appointment **within 14 days** of when you agree to the evaluation.
- » The evaluation will last between **one and two hours and** will take place in your **preferred language**.
- » It may be **virtual (video conference) or in person** depending on availability and location.



What happens after the appointment:

- » The CPAN or PeriPAN team will call your/your child's clinician and together they will develop the next steps.
- » Your/your child's clinician will talk to you about the appointment results and the recommended next steps.
- » The next steps may include lab work, medication, or other recommendations based on availability and your health care plan.