

CHILD PSYCHIATRIC ACCESS NETWORK (CPAN)

Have you noticed changes or a combination of changes in your Child's?

- ▶ Attitude
- ▶ Emotions/Mood
- ▶ Eating or sleeping habits
- ▶ Grades
- ▶ Motivation, involvement in social activities or energy level
- ▶ Selection of friends
- ▶ Self-esteem
- ▶ Ability to concentrate

Is your child?

- ▶ Experiencing unexplained, chronic physical complaints or pain
- ▶ Experiencing behavioral problems at school
- ▶ Experiencing increased tearfulness
- ▶ Experiencing increased agitation
- ▶ Experiencing a sense of helplessness
- ▶ Practicing self-harming behaviors like cutting or burning
- ▶ Using alcohol and/or drugs
- ▶ Talking about suicide or death

If so, your child's physician and Texas Child Psychiatric Access Network (CPAN) can help. CPAN is a team of psychiatrists and a Licensed Mental Health Professional (LMHP) available to help for FREE. Please do not delay sharing this flyer and mentioning your concerns to your child's physician.

FOR PHYSICIANS:

CPAN is a **free doctor to doctor consultation service**, modeled on the tradition of curbside consults. Physicians may contact CPAN at cpanprog@utmb.edu or call Mon-Fri 8 a.m.-4:30 p.m. 1-888-901-2726 or 1-800-901-CPAN, option 7



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Working together to work wonders.

Website coming soon!