



# MENTAL HEALTH TIP OF THE MONTH

## Practice the "Check-In"

**We often spend so much time taking care of others— at work, at home, and in our community—that we forget to check in on ourselves.**

The Practice: Set an alarm on your phone for a "Self Check-In" once a day. When it goes off, simply ask yourself: "What does my body need right now?"

Often, the answer is simpler than we think:

- A glass of water
- A five-minute stretch
- A few deep breaths away from a screen
- Stepping outside for fresh air

Why it Works: Chronic stress builds up when we ignore small needs. By pausing to address them throughout the day, you prevent burnout and keep your "stress tank" from overflowing.

### Meet Our Staff

**Hutch Jones, LPA-HSP**

**Director & Clinician**

Hutch Jones has served as Director and clinician with Tar Heel Human Services, PC since 2001. Tar Heel Human Services, PC was started to provide and develop rural mental health, speech therapy, developmental disability, and substance abuse services to southeastern North Carolina. Primary service delivery is based around a traditional outpatient therapy model, but also includes contractual services in 23 counties in eastern North Carolina. The scope of services ranges from direct therapy, consultation, virtual therapy, and program development.

Hutch attended the University of North Carolina at Chapel Hill and Appalachian State University. He holds Master of Arts and Educational Specialist degrees in school psychology, and he is licensed by the North Carolina Psychology Board. Specialties are: child and adolescent therapy, crisis management, and program development.



## SAME-WEEK APPOINTMENTS AVAILABLE!

### Ready to Start? We Have Openings This Week!

When you're ready to prioritize your mental health, you shouldn't have to wait. We know that taking the first step is a big deal, which is why we've made our intake process simple and our scheduling fast. Whether you are navigating daily stress, looking for support for your child, or just need a professional to talk to, our experienced team is ready to meet you where you are.

### Why reach out today?

- Quick Turnaround: Avoid long waitlists with our current openings.
- Expert Care: Our clinicians are experienced in a wide range of mental health needs for all ages.
- Flexible Scheduling: We offer convenient appointment times that work with your family's busy calendar.

**You don't have to figure it all out on your own. Let's get you the support you deserve.**

## FAQ

Is family therapy only for "dysfunctional" families?

### Frequently Asked Question:

Q: Is family therapy only for "dysfunctional" families?

A: Not at all! Family therapy isn't only for families in crisis. It can be a proactive way to strengthen relationships, improve communication, and support the growth of individual family members.

To review more of our most frequently asked questions, head to our FAQ page on our website. If you have questions about any of our services, please don't hesitate to give us a call.

Whether you are seeking support for yourself or your family, we offer a compassionate space focused on healing and long-term wellness.

**WE LOOK FORWARD TO SEEING YOU ONLINE & IN-PERSON.**