



MENTAL HEALTH TIP OF THE MONTH

5-4-3-2-1 Grounding Technique

Feeling overwhelmed or anxious? Try the 5-4-3-2-1 grounding technique — a simple way to bring yourself back to the present moment. This technique engages your senses to calm your nervous system and reduce racing thoughts. It's quick, discreet, and effective — whether you're at work, home, or on the go. List the following:

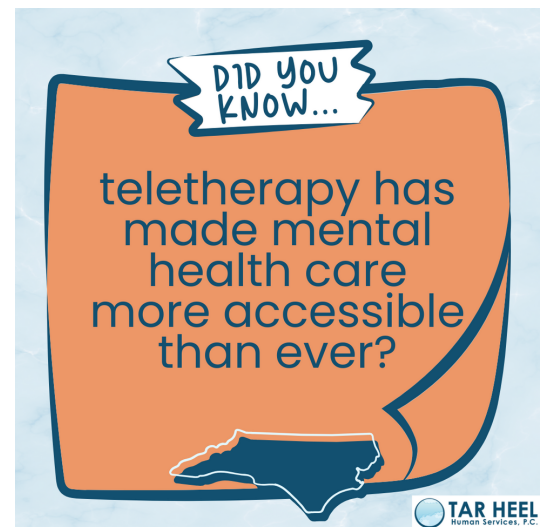
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

We offer Teletherapy Services

Our Teletherapy Services bring licensed, compassionate mental health support directly to you—no matter where you are in North Carolina. Using a secure, confidential video platform, you can connect with a therapist from the comfort of your home, office, or anywhere you feel safe.

Who Can Benefit from Teletherapy?

- Busy professionals or parents with tight schedules
- College students or young adults away from home
- People in rural or underserved areas
- Anyone who prefers privacy, convenience, or flexibility
- Individuals managing anxiety, depression, life stress, or relationship issues



Happy Back-to-School Season!

Wishing all the students, families, and educators in our community a smooth and positive start to the new school year. We know this time of year can bring a mix of excitement, nerves, and big transitions—and that's completely normal.

Here's to a year filled with growth, learning, and resilience. You've got this!



NEED SUPPORT? WE'VE GOT YOU.

At Tar Heel Human Services, P.C., we support individuals, couples, and families through a wide range of mental health concerns. Our team of licensed therapists offers care for:

- Anxiety and stress
- Depression and mood disorders
- Trauma and PTSD
- Relationship and family challenges
- Grief and loss
- Life transitions and burnout
- Self-esteem and identity concerns

Meet Our Staff

Michele Graffam, MSW, LCSW Therapist

Michele is a licensed clinical social worker (LCSW) with over 20 years of experience helping children, adolescents, and adults navigate life's challenges with compassion and clarity. Based in North Carolina, Michele specializes in treating anxiety, bipolar disorder, life transitions, and emotional regulation. She offers personalized, integrative mental health care for individuals and families.

Schedule an appointment with Michelle or one of our other trusted therapists today!



Please Follow Us on Facebook

We are bringing helpful mental health and emotional wellness tips to our Facebook page. Be sure to follow us to stay up-to-date and to get our latest information.

This is an easy and FREE way to keep your mental well-being top of mind. It is also an opportunity to stay in touch with the friendly and professional staff at Tar Heel Human Services.

WE LOOK FORWARD TO SEEING
YOU ONLINE & IN-PERSON!

