



MENTAL HEALTH TIP OF THE MONTH

Create a Daily Check-In

Life gets busy, and it's easy to ignore how we're feeling. Taking just a few minutes each day to check in with yourself can help you recognize stress before it becomes overwhelming.

Ask yourself:

- How am I feeling today?
- What do I need right now?
- Have I eaten, rested, and moved my body today?
- Is there someone I can reach out to if I need support?

There isn't a "right" answer, just an opportunity to notice your thoughts and emotions with kindness.

Small, consistent habits can make a meaningful difference in your overall well-being. Prioritizing your mental health isn't just for difficult days, it's an important part of staying healthy every day.

Remember: Taking care of your mind is just as important as taking care of your body.

Meet Our Staff

Sarah Pearl Farrior, MSW, LCSW-A
Therapist

Sarah Pearl is a Licensed Clinical Social Worker Associate (LCSW-A) who is passionate about helping children and adolescents grow into the best versions of themselves. She feels especially drawn to supporting young people as they navigate challenges related to anxiety, emotional regulation, self-esteem, and identity. Recognizing how overwhelming it can be to grow up in today's world, she understands how important it is to have a supportive, nonjudgmental space where they can feel seen and heard.

Because every individual is unique, Sarah Pearl tailors her therapeutic approach to meet each person's needs, using a blend of strengths-based, person-centered, and cognitive-behavioral strategies. Ultimately, her biggest goal is to create a space where individuals can be open, feel supported, and feel empowered to build the tools they need to thrive.



QUICK APPOINTMENTS:

SELF-CARE THAT DOESN'T HAVE TO WAIT

Self-care is more than a moment—it's making space for your mental health, even during the busiest seasons.

If you've been putting off getting support, we're here to make it easier to start. We offer quick appointment availability so you don't have to wait weeks to begin feeling better.

- **Fast access to care when you need it**
- **Flexible in-person and virtual appointments**
- **Support that fits into your self-care routine**

Taking care of yourself isn't something you have to "earn" or delay. It can start today—with one small step toward support.



Anxiety Support & Treatment:

Anxiety can show up in many ways—racing thoughts, constant worry, physical tension, trouble sleeping, or feeling “on edge” even when things seem okay.

Our outpatient therapy services provide support for individuals experiencing anxiety by helping you:

- Understand what triggers your anxiety
- Learn practical coping and grounding skills
- Reduce overthinking and catastrophic thinking patterns
- Improve sleep, focus, and daily functioning
- Build confidence in managing stressful situations

Mental Health Support for NC College Students

Each year, getting back into the swing of school can bring new challenges—especially for college students. Balancing classes, making new friends, managing stress, and being away from home is a lot.

The good news? You don't have to navigate it alone. Our virtual therapy appointments make it easier to stay connected to the support you need, wherever you are. Whether you're living on campus, commuting, or attending school in another part of the state, you can meet with a therapist from the privacy and comfort of your own space.

