



MENTAL HEALTH TIP OF THE MONTH

Start Small, Start Kind

The New Year often brings resolutions and big goals, but mental health thrives on small, consistent steps. Instead of trying to overhaul your habits overnight, focus on tiny, achievable changes that support your well-being.

- **Set realistic intentions:** Choose one or two small habits, like journaling for five minutes a day or taking a short walk.
- **Prioritize self-care:** Make time for rest, connection, and activities that recharge you.
- **Practice self-compassion:** Change takes time—celebrate progress, not perfection.

Remember, mental wellness is a journey, not a sprint. A few small steps each day can add up to meaningful change and help you enter the New Year feeling grounded, resilient, and hopeful.



New Blog Post: Small Steps vs Drastic Changes

The start of a new year often brings thoughts of fresh starts, big resolutions, and goal setting—like completely overhauling your diet, exercising every day, or changing long-standing habits overnight. While these goals are well-intentioned, drastic changes can feel overwhelming and are often difficult to sustain. Many people find themselves discouraged by February, having abandoned resolutions that seemed “too big” to maintain.

At Tar Heel Human Services, P.C., we encourage a different approach: small, gradual steps toward meaningful change. Mental health and well-being improve over time, and lasting growth often comes from tiny, consistent actions rather than dramatic overhauls.

In this blog post, techniques and guidance to set goals with lasting success. Find the full article on our website.

Meet Our Staff

Amanda Brinson, MSW, LCSW-A Therapist

Amanda is a down-to-earth, collaborative therapist who works with children, teens, and adults navigating anxiety, stress, self-esteem challenges, depression, and life transitions. She understands that every stage of life comes with its own challenges, and her goal is to help clients feel less stuck, more grounded, and supported as they move through them.

Her approach to therapy is personalized and flexible—she doesn't believe in one-size-fits-all treatment. She enjoys helping clients gain new perspectives, reframe unhelpful thought patterns, and build tools that fit their unique lives. She often incorporates creative and engaging methods to make therapy feel approachable and meaningful.

People often describe Amanda as attentive and caring, which helps clients feel truly heard and supported. Supervisors and peers have noted her ability to think outside the box and bring creativity into sessions, making therapy engaging, tailored, and supportive.



TELETHERAPY = VIRTUAL APPOINTMENTS

Teletherapy has made mental health care more accessible than ever—especially in rural areas of North Carolina, where in-person providers can be hard to find. Thanks to secure video sessions, people across the state can now connect with licensed therapists from the comfort and privacy of their own homes. Whether you live in a small town or have a busy schedule, teletherapy offers flexibility and convenience without sacrificing quality care.

Services Overview: Need Help? 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



FAQ: What happens during the first therapy session?

In your first session, your therapist will get to know you. Together, you will explore what's bringing you in, your goals, and some background info.

They'll also do an assessment for mental health concerns like anxiety or depression to better understand how to support you.

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!