



MENTAL HEALTH TIP OF THE MONTH

Maintain a few consistent daily habits to help support your emotional well-being.

Summer often brings changes in routines, schedules, and expectations for both children and adults. While flexibility can be refreshing, maintaining a few consistent daily habits can help support emotional well-being.

Simple things like regular sleep schedules, time outdoors, movement, hydration, and staying socially connected can have a positive impact on mental health throughout the summer months.

If you or your child are struggling this season, our team is here to help. Reach out to learn more about available services and appointments.

Meet Our Staff

Michele Tanner, 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, offering personalized, integrative mental health care for individuals and families.

Drawing from a rich background in psychiatric hospital settings, private practice, and community mental health, Michele uses an eclectic therapy approach that blends Cognitive Behavioral Therapy (CBT), solution-focused therapy, and spiritually integrated counseling. She also incorporates mindfulness-based practices and yoga-informed techniques to promote relaxation, emotional awareness, and holistic healing.



JUNE: PTSD AWARENESS MONTH

NOT ALL WOUNDS ARE VISIBLE!

Post-Traumatic Stress Disorder (PTSD) can affect anyone who has experienced or witnessed a traumatic event. While many people associate PTSD with military service, trauma can result from accidents, abuse, violence, medical experiences, natural disasters, and many other life events.

PTSD is not a sign of weakness, it is a response to overwhelming experiences, and healing is possible.

If trauma is impacting your daily life, relationships, sleep, or sense of safety, support is available. Our team is here to help.



FAQ

Could it be PTSD?

What does PTSD look like?



PTSD symptoms can look different for everyone, but common signs include:

- Intrusive memories or flashbacks
- Nightmares or sleep difficulties
- Feeling constantly on edge or easily startled
- Avoiding reminders of a traumatic event
- Difficulty concentrating
- Changes in mood, irritability
- Emotional numbness

If these symptoms are interfering with your life, talking with a mental health professional can help. Our team is standing by to assist you.

New Blog Post:

Navigating Grief After the Loss of a Parent

Grief can feel especially difficult around Mother's Day, Father's Day, and other holiday. These days tend to highlight the absence of a parent and bring up many unresolved emotions.

There is not a "correct" way to grieve a significant loss. However, you can be a little more prepared to take care of yourself on these difficult days. In this blog post, we will explore several ways that you can support yourself or someone you love who is navigating grief after the loss of a parent.

Read the full article on our website.

