



TELETHERAPY APPOINTMENTS AVAILABLE NOW!



TELETHERAPY
PRIVATE - CONVENIENT - QUALITY CARE

Busy schedules, transportation challenges, and long commutes can make it hard to prioritize mental health care. That's why our practice offers convenient virtual appointments for children, teens, and adults.

Virtual therapy allows you to access support from the comfort and privacy of your own home while still receiving personalized, quality care.

If you've been thinking about starting therapy, reach out to us to schedule a virtual appointment and learn more about available services.

Meet Our Staff

Krista Shaw, MSW, LCSW

Therapist & Director of Operations

Krista Shaw, MSW, LCSW, has been a therapist at Tar Heel Human Services for 13 years. Her practice is built on the foundation of genuine connection, providing a supportive space where clients feel truly heard. Krista believes that healing doesn't always have to feel heavy; she often uses humor where appropriate to build comfort and help ease the weight of difficult conversations.

Working with individuals of all ages, Krista specializes in helping people navigate trauma, anxiety, depression, and major life changes. Her approach focuses on understanding how past experiences shape the present while working toward practical, real-world solutions. She is also very interested in the mind-body connection, helping clients see how their physical health and daily habits directly impact how they feel emotionally.



MENTAL HEALTH TIP

PROTECT YOUR MENTAL HEALTH BY LOWERING THE PRESSURE TO DO EVERYTHING PERFECTLY

The end of the school year, busy schedules, difficult holidays, and emotional exhaustion affect many adults and children each May. If this has been a difficult month for you, you are not alone.

When times get busy and stressful, it is helpful to protect your mental health by lowering the pressure to do everything perfectly.

Focus on what truly needs your energy, give yourself permission to simplify where you can, and celebrate small wins along the way. Finishing the season "good enough" is still success.



FAQ:

What does good mental health care look like?

Frequently Asked Question:

Mental health care can look like:

- ✓ Setting boundaries
 - ✓ Asking for support
 - ✓ Getting enough rest
 - ✓ Taking breaks from constant pressure
 - ✓ Talking to someone you trust
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Mental Health Support Shouldn't Feel Out of Reach

When you, your child, or someone you know are struggling ... waiting weeks or months for support can feel overwhelming. Our practice offers quick and convenient appointment options to help families access care when they need it most.

We offer flexible scheduling and a supportive team ready to help you take the next step toward feeling better.