



MENTAL HEALTH TIP OF THE MONTH

Move Your Body, Boost Your Mood

Even just 10–15 minutes of physical activity a day can make a big difference for your mental health. Whether it's a brisk walk, stretching, dancing, or a quick workout, movement helps release endorphins, reduce stress, and improve focus. You don't need a gym, just get your body moving in a way that feels good to you. Small, consistent activity can lead to a clearer mind and a better mood.



October: Domestic Violence Awareness Month

Abuse is not always physical. It can be emotional, psychological, financial, or verbal. Everyone deserves to feel safe in their relationships. Your mental health matters. You are not alone.

Domestic violence doesn't just leave physical scars; it deeply impacts mental health. Survivors often face anxiety, depression, PTSD, and feelings of isolation. This month, we stand with survivors and advocate for trauma-informed care and healing. Therapy can be a powerful step in healing from the trauma of abuse.

At Tar Heel Human Services, P.C., we provide a safe and supportive space for survivors to process and heal without judgment.

Meet Our Staff

Jackie Wilson

Front Office Support Staff

As the first face you'll see when you walk through our doors, Jackie plays a key role in creating a welcoming and organized environment at Tar Heel Human Services. She greets clients, assists with scheduling appointments, and helps keep the office running smoothly.

Currently a social work student herself (Appalachian State University, BSW Program), Jackie enjoys seeing firsthand how mental health services come together and values being part of a team that helps people get the support they need. She takes pride in being helpful, attentive, and committed to the work that happens both at the front desk and beyond.



CLIENT TESTIMONY:

"I have received the utmost care at Tar Heel Human Services. Kristie Cavanaugh is my therapist. Kristie has been instrumental in helping me to overcome depression. She creates a caring environment that gives you a sense of security during your therapy sessions. Not only is Kristie exceptionally gifted as a therapist, but she is kind and truly passionate about helping her clients overcome their mental health challenges." ~ LG

Service Spotlight: Trauma-Informed Individual Therapy

At Tar Heel Human Services, P.C., we offer trauma-informed individual therapy. Designed to help you feel safe, supported, and empowered on your healing journey.

Our clinicians understand how trauma can impact the brain, body, and behavior. We focus on building trust, offering choice, and creating a non-judgmental space where you can process at your own pace.

You are not your trauma, and you don't have to face it alone.



SERVICE SPOTLIGHT:
Trauma-Informed Individual Therapy

Why We Love Teletherapy:

- Easy to access, no commute required
- Same personalized care as in-person sessions
- Consistent support, even when life gets busy
- Ideal for building comfort and trust from your own space
- Appointments available statewide

Give us a call to schedule a virtual appointment.



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.

**THANK YOU FOR FOLLOWING
ONLINE & IN-PERSON!**