TAR HEEL
Human Services, P.C.

DOMESTIC VIOLENCE AWARENESS MONTH

Healing After Abuse Doesn't Happen Overnight

After experiencing domestic violence or other abuse, you may find yourself questioning your decisions, struggling to trust others, feeling anxious or on edge, or having difficulty recognizing the person you were before the relationship.



These responses can be part of the impact of trauma.

Healing isn't about forgetting what happened. It's about creating space to understand your experiences, reconnect with yourself, build healthy boundaries, and move toward a life where you feel safe and supported.

Therapy can be one part of that journey.

Domestic Violence Isn't Always Visible

Abuse can include physical violence, but it can also look like intimidation, threats, isolation, controlling finances, monitoring phones or social media, manipulation, humiliation, or constantly making someone feel afraid. If you've experienced abuse, you may be dealing with more than the immediate situation.

Trauma can affect your sense of safety, self-worth, relationships, sleep, emotions, and ability to trust yourself and others. Therapy can provide a safe, confidential space to process what you've experienced, understand the impact of trauma, and begin working toward healing.

Meet Our Staff

Meet Sylvia Goodnight, LCMHC!

Therapist

Sylvia is a Licensed Clinical Mental Health Counselor at Tar Heel Human Service, PC — and she would be delighted to work with you.

Our team of friendly, compassionate professionals offer a diverse range of therapies in a private setting. Clients can choose from in-person visits or virtual sessions.

Head to our website and visit our team page to meet each of our dedicated therapists.



IN-PERSON & VIRTUAL APPOINTMENTS AVAILABLE!

Need support? We're here for you! Quick appointments are available —virtually or in person—so getting help fits YOUR schedule.

**Don't wait to prioritize your mental health.
Give us a call to book your appointment today!**

Services Spotlight: ADHD Support & Treatment

Attention-Deficit/Hyperactivity Disorder (ADHD) is a common neurodevelopmental disorder marked by ongoing patterns of inattention, hyperactivity, and impulsivity that interfere with daily functioning or development. If you or someone you know is struggling with ADHD symptoms, our team is here to support you.

Whether you are seeking treatment for a child or adult, Tar Heel Human Services, PC can help!

Visit our website to learn more or give us a call to schedule an appointment.





Business of the Month!

We are thrilled to be recognized as the Beulaville Area Chamber of Commerce—October Business of the Month. The entire team at Tar Heel Human Services P.C. is thankful for this honor … and will continue to serve our community with excellence.

Pictured are Hutch Jones, Director of Tar Heel Human Services, P.C., and Mike Avery, Beulaville Area Chamber of Commerce board member.

Whether you're navigating emotional challenges, grief, life transitions, relationship issues, or simply feeling overwhelmed, our licensed therapists are here to support you with compassion, clarity, and care.