



MENTAL HEALTH TIP OF THE MONTH

Protect Your Sleep Like It's Sacred

Sleep isn't just rest, it's restoration. During deep sleep, your brain processes emotions, repairs the body, and resets your ability to handle stress. Poor sleep can lead to increased anxiety, irritability, and difficulty focusing, while consistent, quality sleep improves your mood, energy levels, and overall mental health.

Here are a few ways to improve your sleep hygiene:

- Stick to a consistent sleep schedule, even on weekends. This helps regulate your body's internal clock.
- Create a wind-down routine 30–60 minutes before bed. This could include reading, light stretching, or listening to calming music.
- Limit screen time, especially phones, tablets, and TVs, before bed. The blue light can interfere with melatonin production, making it harder to fall asleep.
- Make your bedroom a sleep-friendly space: cool, quiet, and dark.
- Avoid caffeine, heavy meals, and alcohol close to bedtime, as they can disrupt your sleep cycle.

Think of sleep as a daily investment in your mental health. Prioritize it, protect it, and your mind will thank you.

Meet Our Staff

Bobby Jones, LCMHC, LCASA Therapist

Bobby is a compassionate and solutions-focused therapist who works with individuals and families navigating challenges such as depression, anxiety, ADHD, parenting stress, and substance use. He brings a strong sense of relatability and an optimistic, faith-based perspective to his work, creating a space where clients feel both supported and empowered to grow.

Grounded in Christian values, Bobby uses a combination of Cognitive Behavioral Therapy (CBT), goal setting, and relaxation techniques to help clients make meaningful progress. He especially enjoys working with individuals who are motivated for change and values the opportunity to walk alongside those exploring faith-based recovery or seeking clarity through life transitions.

Bobby's approachable style and commitment to practical, hope-filled strategies make him a trusted partner in the healing process.



WHAT IS DEPRESSION?

Depression is more than just feeling sad. It's a serious mental health condition that affects how you think, feel, and function daily. It can cause persistent feelings of sadness, emptiness, hopelessness, fatigue, and loss of interest in things you once enjoyed.

Depression is treatable, and you don't have to face it alone. If you're struggling, we're here to help.

Client 5-Star Review

"I've been a client at Tar Heel Human Services for around 5 years now. The office staff has always been so kind. Catie at the front desk is so sweet. I have been seeing Michele the full five years I have been there, and I truly can't say enough good things about her. She has been so great in helping me work through things I've been dealing with for many years, as well as just helping me deal with day-to-day stressors that I struggle to deal with. Michelle has also seen my kids as clients over the years and has been incredibly helpful for them. Helping them understand their big emotions and how to handle them. I can't recommend Michele enough." -RS

We would love to hear from you also! Head over to Google and leave us a Google review. Your testimony would be deeply appreciated.



Who Can Benefit from Teletherapy?

- Busy professionals or parents with tight schedules
- College students or young adults away from home
- People in rural or underserved areas
- Anyone who prefers privacy, convenience, or flexibility
- Individuals managing anxiety, depression, life stress, or relationship issues

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.

**WE LOOK FORWARD TO SEEING
YOU ONLINE & IN-PERSON!**