

Counseling Services

Counseling & Psychological Services (CAPS) [for Students]

- Individual counseling
- 919-660-1000 or walk-in appointments 10 AM-3 PM at 101 Bryan Center

Personal Assistance Service/Business Health Services [for Non-Students]

- Short-term counseling and assessments with Duke Health
- Schedule sessions at 919-416-1727

Support Groups

Counseling & Psychological Services (CAPS)

- Therapy and discussion groups to promote wellbeing
- 919-660-1000 or walk-in appointments 10 AM-3 PM at 101 Bryan Center

Caring for Each Other (CEO) Group Support

- For teams that experienced adverse events at work
- DRAH: 919-307-0531

Caring for Each Other (CEO) Grief, Individual Peer Support, and Emotional Support Rounds

- For individuals experiencing similar emotional distress
- Contact hsq@duke.edu for more information

Identity Resources

Duke University Center for Sexual & Gender Diversity

- In-group spaces and discussion groups for LGBTQ+ individuals

Duke University Office for Institutional Equity (OIE)

- Promotes diversity, inclusion, equality through educational opportunities and resources
- Contact 919-668-3326 or ombudsman@mc.duke.edu

Mindfulness Programs

Koru Mindfulness Class

- Mindfulness training that is designed to meet the needs of students
- Wednesdays 2-3:15 PM in the Student Wellness Center

Global Conversations

- Discusses cultural perspectives, world news, local events, and more.
- Tuesdays 4-5 PM in the Student Wellness Center

DuWell

- On campus mindfulness activities and wellness resources



Duke Integrative Immunobiology

Duke University School of Medicine

MENTAL HEALTH RESOURCES

We encourage you to prioritize your mental well-being. These resources are here to support you on your journey. Seeking help is a sign of strength. Remember, you are not alone.



-IIB Equity, Diversity, and Inclusion Committee

Online Resources

Headspace Student Membership

- Student rate for mindfulness app Headspace (\$9.99/year)

Journaling Prompts

- Prompts to inspire self-reflection and self-discovery

How to Take a Mindful S.N.A.C.K. Moment

- Helpful tips when feeling stressed and overwhelmed to promote calm awareness

Physical Wellness

Duke Recreation & Physical Education

- On campus group classes, rock climbing wall, pool, gym, intramural sports

Parks & Trails in Durham

- “AllTrails” app for the best outdoor hiking in Durham

Duke Med Health and Fitness

- Duke Health group workout classes, personal training, nutrition consultations

Additional Mental Health Resources

Blue Devils Care (TimelyCare App)

- Mental telehealth support and scheduled counseling for students at no cost
- Register online using your Duke email address and Service Key DUKE2020.

DukeReach

- Case management services for students experiencing significant difficulties related to mental health, physical health, and/or psycho-social adjustment
- Call 919-681-2455 or email dukereach@duke.edu

Emergency Assistance

Suicide and Crisis Lifeline

- Call, text, or chat 988

Substance Abuse and Mental Health Services Administration (SAMHSA) helpline:

Call [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)
Confidential, free, 24/7 crisis help

Duke Program Specific Contacts and Resources hyperlink

**Your mental health matters.
Let's work together to ensure
your success and well-being at
Duke University.**