I'm Seeking Mental Health Resources @ Duke School of Medicine

Individual Program Mental Health Support Contacts
- MD Program (Caps):
  - Admissions on call (919) 972-7329
  - MBS Program (Call/Text):
    - Dr. Anisboc (919) 644-1320
    - Contact MBS advisor
- MSK (Call):
  - Andrea Liu (919) 630-2155
  - Dr. Fitzgibbons (919) 369-7842
  - Contact MSK faculty advisor
- PA Program (Call):
  - April Stonder (919) 660-5467
  - Contact PA faculty advisor
  - OTD (Call):
    - Dr. Gallagher (919) 660-9827
    - Contact OTD home group advisor
  - PA Program (Call):
    - Michelle Johnstone (919) 246-5138

How can we improve the process?
Please leave us anonymous feedback.
We want to continue to improve serving you and your peers.

Are you or someone else in physical danger?
Yes
- Call 911
  - On campus calls go to DUPD:
    - Off campus calls go to Durham P.D.

No
- Trouble Getting Into CAPS?
  - Please reach out to Dr. Kuley.
    - jeff.kuley@duke.edu

Are you or someone else in need of Services?
Yes
- I Still Haven't Found What I'm Looking For
  - Get Help Finding Resources
    - CAPS After-Hours: 919-660-1000
  - DukeReach: 919-681-2465/email

No
- Mental Telehealth
  - Blue Devils Care
    - 24/7 mental telehealth support to all Duke students at no cost.
    - Blue Devils Care's TeleHealth service provides 24/7 immediate access to a mental health professional. For other calls, the goal is to provide a response within 1 hour, 24 hours a day. Use the Service Key DUKESTUDENT,

Counseling & Psychological Services (CAPS)
Confidential care is available at no cost to Duke Students. Individual and group counseling, psychological services, and referrals. To begin services, call between 10 am and 3 pm, Mon-Fri. A receptionist will collect your contact information, and a counselor will call you for a phone or telehealth intake visit. If your call cannot be taken immediately, you will be asked to leave a voicemail and the reception staff will contact you as soon as they are available. After the initial call, ongoing sessions can be scheduled weekdays between 8 am and 7 pm.
919-660-1000

Counseling and Psychological Services (CAPS)
Do you have a need for mental health treatment?
Yes
- I Need Meds for a previously diagnosed mental health condition
  - CAPS Pathway
  - Therapy or New Medications

No
- Do you have a need for mental health treatment?
  - Yes
    - I Want Therapy Through CAPS
      1. Call or drop-in for CAPS Triage Visit (10 - 3)
      2. Future visits can be scheduled between 8 am - 7 pm on weekdays.
      3. CAPS provide brief treatment, generally lasting a semester or less.

  - No
    - The referral counselors will usually follow up with you to ensure that you find a therapist that works for you. If you find that the list of providers given to you is insufficient, they can generate another list.

Identity-Specific Resources

Women’s Center: provides therapeutic services to survivors of all genders of gender violence, which includes sexual violence, intimate partner violence, stalking, cyber sexual harassment, and sexual harassment.

Center for Sexual & Gender Diversity: strives to achieve an inclusive campus climate for students, staff, faculty, and alumni with marginalized sexual orientations, romantic orientations, gender identities, and gender expressions through education, advocacy, support, mentoring, academic engagement, and providing space.

Multicultural Resource Center: assists with the preparation of learners, staff, and faculty to work and live in a world of diverse people who differ along the lines of culture, faith, gender, sexuality, and socio-economic backgrounds. Email Maureen Collins for more info.

Duke Office of Diversity & Inclusion: Mental Health Resources for Black, Indigenous, and People of Color (BIPOC)
Chaplain for Duke Hospital on call @ 919-970-8215: can assist in real time and/or give out community spiritual information.
Caring for Each Other (CEO) Staff Emotional Support Paper @ 919-206-9785: The 24/7 CEO Team provides space for individuals or teams to emotionally debrief. The team is trained in the ACT Crisis Intervention Approach. If needed, they support learners & staff as they connect to higher levels of care.