

# COUNSELING & PSYCHOLOGICAL SERVICES

## ***Interested in CAPS services?***

Phone: 919-660-1000

Location: Student Wellness  
Center, 3rd Floor

GPS Address: 305 Towerview  
Rd.

## **Walk-In & Call-In Hours**

Mon. & Tues. 9am - 6pm

Wed. - Fri. 9am - 4pm

## **What to expect on your first visit:**

Before - Complete initial  
paperwork (approximately 15  
minutes)

During - Meet with counselor  
for a brief assessment of  
your concerns  
(approximately 15 - 20  
minutes)

End - Counselor will provide  
recommendations and best  
care options based upon your  
needs.



***All services at CAPS are CONFIDENTIAL and  
covered under your student health fee.***

*Want to find out more?*  
<https://students.duke.edu/wellness>

\*Please note: During high traffic times there may be a wait to see a  
counselor.



# MINDFUL MOMENTS

Brought to you by CAPS



Here's a quick mindfulness exercise you can use anytime to combat stress.

## **5 Senses Grounding Activity**

- Acknowledge 5 things you see around you
- Acknowledge 4 things that you can touch around you
- Acknowledge 3 things that you can hear around you
- Acknowledge 2 things that you can smell around you
- Acknowledge 1 thing that you can taste around you