Individual Program

Mental Health Support Contacts

- MD Program (Page)
  - Advisory Dean on call (919) 970-7399
  - MBS Program (Call/text)
  - Dr. Andresid (917) 664-1230
  - Contact MBS advisor
- Med (Call)
  - Andrea Lux (919) 630-2615
  - DPT (Call)
  - Dr. Hoder (919) 681-8559
  - Contact DPT faculty advisor
- PA Program (Call)
  - April Stroud (919) 360-5673
  - Contact PA faculty advisor
- OTD (Call)
  - Dr. Gallagher (919) 690-9827
  - Contact OTD home group advisor
- Path Assistant Program (Call)
  - Michelle Johnson (804) 246-0183

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

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

No

Trouble Getting into CAPS?

Please reach out to Dr. Adams.

lisa.adams3@duke.edu

Counseling & Psychological Services (CAPS)

Confidential care is available at no cost to Duke Students. Individual and group counseling psychiatry 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 visit, ongoing sessions can be scheduled weekdays between 8 am and 7 pm.

919-660-1000

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Get Help Finding Resources

CAPS After-Hours: 919-660-1000

DukeReach: 919-681-2455/email

"DukeReach provides case management services including coordination, advocacy, referrals, and follow-up services for students who are experiencing significant difficulties related to mental health, physical health, and/or psycho-social adjustment."

Blue Devils Care

24/7 mental telehealth support to all Duke students at no cost. Blue Devils Care’s TalkNow 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

What to expect

Counseling and Psychological Services (CAPS)

The Blue Devils Care offers 24/7 Telemental Health services

- Student Dean on Call (cell): 984-287-0300
- Call 919-660-1000. During business hours, a receptionist can connect you to a CAPS counselor; after business hours, follow the prompts to speak with an urgent care professional.
- Link to Duke Emergency Resources

Med Student?

Yes

Alumni-sponsored Psychiatrist Available to Medical Students

No

School-Specific Resources

- MBS Program (Call/text)
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I Need Meds for a previously diagnosed mental health condition

Does CAPS deem your mental health condition stable?

Yes

CAPS will prescribe meds if needed. These can be picked up at Duke Student pharmacy or a retail pharmacy. To minimize risks of error, it is best for one provider to prescribe the medication. If there is an established care provider, CAPS recommends continuing medication care with them.

No

CAPS Psychiatrist will treat you. Meds can be picked up from the Duke Student Pharmacy

I Want Therapy Through CAPS

1. Call CAPS and select the referral option from the automated list. Reception will set up an appointment with one of CAPS’s referral coordinators
2. The meeting will entail getting to know you and what you're looking for in a therapist. A list of providers will be sent to you after the meeting
3. Use the list to set up consultations with providers in Durham, and eventually start meeting with one of them regularly

I Want CAPS To Help Me Find Therapy in Durham

1. Call CAPS and select the referral option from the automated list. Reception will set up an appointment with one of CAPS’s referral coordinators
2. The meeting will entail getting to know you and what you're looking for in a therapist. A list of providers will be sent to you after the meeting
3. Use the list to set up consultations with providers in Durham, and eventually start meeting with one of them regularly

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

If symptoms persist after a semester, CAPS will refer you to community providers. If your insurance is not accepted by local providers, CAPS can assist with finding a provider who takes Duke or other types of insurance.

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

Gender Violence Intervention: 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 alumxn 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)

Coping for Each Other (CEO) Staff Emotional Support Pager @ 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.