

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

## Individual Program Mental Health Support Contacts

- MD Program (Page)
  - Advisory Dean on call (919) 970-7399
- MBS Program (Call/Text)
  - Dr. Andolsek: (917) 684-1230
  - Contact MBS advisor
- MSTP (Call)
  - Andrea Liu: (919) 630-2615
- DPT (Call)
  - Dr. Hoder: (919) 681-8559
  - Contact DPT faculty advisor
- PA Program (Call)
  - April Stouder (919) 360-5673
  - Contact PA faculty advisor
- OTD (Call)
  - Dr. Gallagher (919) 660-9827
  - Contact OTD home group advisor
- Path Assistant Program (Call)
  - Michelle Johnson (804) 246-0183

### How can we improve the process?

Please leave us [anonymous feedback](#). We want to continue to improve serving you and your peers.

### Trouble Getting Into CAPS?

Please reach out to Dr. Lisa Adams.  
[lisa.adams3@duke.edu](mailto:lisa.adams3@duke.edu)

Are you or someone else in physical danger?

Yes

**Call 911**  
On campus calls go to DUPD; Off campus calls go to Durham PD

No

Is it urgent?

Yes

- [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](#)

Yes

## Counseling & Psychological Services (CAPS)

### Counseling and Psychological Services (CAPS)

Confidential care is available at no cost to Duke Students including individual and group counseling, psychiatry services, and community referrals. Call 919-660-1000 or walk-in Mon 9am-6pm, Tues-Fri 9am-4pm to get started. After your initial visit, ongoing sessions can be scheduled Mon 8am-7pm, Tues-Fri 8am-5pm.

## Mental Telehealth

[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](#)

## I Still Haven't Found What I'm Looking For

**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."

## School-Specific Resources

Med Student?

Yes

**Alumni-sponsored Psychiatrist Available to Medical Students**

## Medical Treatment for a Prior Condition

**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 medications. 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

## Therapy or New Medications

### 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.

### 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

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 alumnx 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 Cullins 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 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.