

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

**Individual Program
Mental Health Support Contacts**

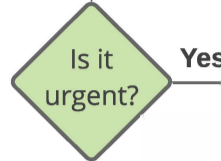
- MD Program, Page Advisory Dean on Call (919) 970-7399
- MBS Program, Dr. Kathy Andolsek kathryn.andolsek@duke.edu
- MSTP Program, Andrea Liu andrea.liu@duke.edu
- DPT Program, Dr. Jeff Hoder jeffrey.hoder@duke.edu
- PA Program, April Stouder april.stouder@duke.edu
- OTD Program, Dr. Marybeth Gallagher, marybeth.gallagher@duke.edu
- Path Assistant Program, Meredith Hennessey meridith.hennessey@duke.edu

How can we improve the process?

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



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



- [Timely Cares](#): 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](#)

Counseling & Psychological Services (CAPS)

Counseling and Psychological Services (CAPS)
[CAPS at Le Well](#) - Suite 4010, Rm 4012 TSC - our services are confidential, free and available to all enrolled students in the Duke School of Medicine
Our regular office hours are:
>Tuesdays and Wednesdays from 11:00am - 7:00pm
>Thursdays from 9:00am - 5:00pm

Mental Telehealth

[Timely Cares](#)
Virtual care from anywhere. TimelyCare offers 24/7 access to virtual care, self-care, and well-being tools.
For assistance, please call 833-4-TIMELY.

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

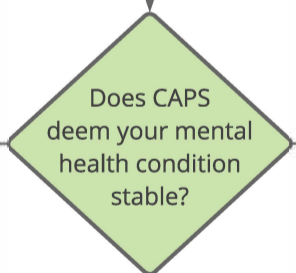
Get Help Finding Resources
CAPS: call 919-660-1000 to speak with a counselor, or visit CAPS main office, 9am-4pm, located on the 3rd floor of the Student Wellness Center, West Campus 305 Towerview Drive
DukeReach: Provides individualized support to students in managing all aspects of their personal, social, and academic success; Assist students who are struggling to function academically, socially, or mentally due to a personal challenge or crisis; Aid students in identifying and navigating offices both on and off campus to meet their respective needs

School-Specific Resources

Med Student?
Yes
Alumni-sponsored Psychiatrist Available to Medical Students

Medication Management for an Existing Condition

I Need Meds for a previously diagnosed mental health condition



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 visit main office, 9am-4pm
2. Future visits can be scheduled during office hours
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 counselor 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

Sexual Misconduct Resources: 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](mailto: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

Identity, Culture and Religion: Empowering a rich & diverse student community