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: for urgent/emergency
Non-emergencies: call Duke Police, 919-684-2444

No
Is it urgent?
No

Counseling & Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) CAPS at Le Park - 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

Virtual Care

Timely Care 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

Peer Support
Duke Line - peer support via text.
Peer Support Collaborative

Med Management for the Existing 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.

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

No

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

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