

**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?

Yes

- [Timely Care](#): offers 24/7 Telemental Health services
- Call 988 for Suicide & Crisis Lifeline
- 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.

No

Counseling & Psychological Services (CAPS)

Virtual Care

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

Peer Support
[Duke Line](#) - peer support via text.
[Peer Support Collaborative](#)

[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

[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.

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

