Connect with Well-Being and Emotional Support Resources

Duke Raleigh Hospital is committed to supporting the well-being of our team members. We have a wide variety of resources available to faculty, staff and students, and we've organized those resources into categories to make them easier to access. Choose the type of support that best fits your needs.

1. Self-Directed
   Broad and general resources to help with your health and well-being. Services include digital resilience tools, flyers, meditations, and more.
   Scan the code or follow to link to visit the Well-Being Library.

   bit.ly/dukewblib

2. Guided
   Focused resources for both individuals and teams.
   Call Chaplain Services & Education:

   919-812-7972

3. Specialized
   Services provided by specialists from Behavioral Health and Business Health Services

   Call the COVID-19 Emotional Support and Well-Being line:

   919-681-1631

   Or

   1-800-327-2251

   Call Business Health Services (Employee Assistance Program):