

# Connect with Well-Being and Emotional Support Resources

Duke Regional 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](https://bit.ly/dukewblib)

or



## 2. Guided

Focused resources including Chaplain Services and Employee Occupational Health and Wellness.

Call Operator and ask for the Chaplain on-call page (1115):

or

Call Employee Occupational Health and Wellness:

**919-470-4000**

**919-470-5350**

## 3. Specialized

Services provided by specialists from Behavioral Health, Personal Assistance Service, and Crisis Response.

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

or

Call the Personal Assistance Service (PAS):

**919-681-1631**

**919-416-1727**

