Duke HomeCare and Hospice 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.
   
   Follow to link or scan the code to visit the Well-Being Library.

   [bit.ly/dukewblib](https://bit.ly/dukewblib) or

2. **Guided**
   Focused resources for both individuals and teams.
   
   Call Personal Assistance Service to discuss best resources for your needs.

   919-416-1727

3. **Specialized**
   Services provided by specialists from Behavioral Health and the Personal Assistance Service

   Call the COVID-19 Emotional Support and Well-Being line: 919-681-1631

   Or

   **Call Personal Assistance Service:**

   919-416-1727