

# Connect with Well-Being and Emotional Support Resources

Duke University 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)



## 2. Guided

Focused resources including Chaplain Services, the Caring for Each Other team, and more.

Call this pager number or scan the code to request a service.

For more urgent requests:  
(response needed within hours)

**919-206-9785**

For less urgent requests:  
(response needed in 1-2 business days)

[bit.ly/level2wb](https://bit.ly/level2wb)



## 3. Specialized

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

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

Call the Personal Assistance Service **919-416-1727**

National Suicide Prevention Lifeline **800-273-8255**

