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/dukewwlib 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, the Personal Assistance Service, and more.

   Call the COVID-19 Emotional Support and Well-Being line: 919-681-1631
   Call Personal Assistance Service: 919-416-1727
   National Suicide Prevention Lifeline: 800-273-8255