

Connect with Well-Being and Emotional Support Resources

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

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



Services can be Self-Directed (1), Guided (2), or Specialized (3). Each group at Duke Health uses this basic structure to organize its well-being resources.

National Suicide Prevention Lifeline:

800-273-8255

