Connect with Well-Being and Emotional Support Resources

The Private Diagnostic Clinic 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. Examples include digital resilience tools, flyers, and meditations. Visit the Well-Being Library or the PDC Resources Page.

   bit.ly/dukewblib    or    bit.ly/wellpdc

2. **Guided**
   A variety of focused resources including conversations with peers, spiritual support, and more. Follow the link or scan the code to request a service.

   bit.ly/level2wb

3. **Specialized**
   Services provided by specialists from teams including Behavioral Health, Personal Assistance Service, and teamwork consultations. Here are a few options:

   - Duke COVID-19 Emotional Support and Well-Being line 919-681-1631
   - Duke Personal Assistance Service 919-416-1727
   - For Teamwork/TeamSTEPPS, call Sanne Henninger 919-668-5469
   - National Disaster Distress Helpline (first responders and healthcare workers) 1-800-985-5990
   - Physician Support Line (physicians) 888-409-0141
   - National Suicide Prevention Lifeline 800-273-8255