

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**

