

Connect with Well-Being and Emotional Support Resources

Duke Primary Care 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.

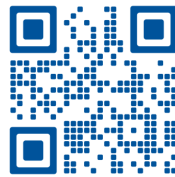
1. Self-Directed

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

or



2. Guided

Focused resources for both individuals and teams.

Call Employee Occupational Health & Wellness or Human Resources:

EOHW: **919-684-3136**

or

HR: dpchrrequests@dm.duke.edu

3. Specialized

Services provided by specialists from Behavioral Health and the Personal Assistance Service

Call the COVID-19 Emotional Support and Well-Being line:

919-681-1631

or

Durham Call Personal Assistance Service:

919-416-1727

Wake County

Call Business Health Services (Employee Assistance Program):

1-800-327-2251



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