



# CAPS:

## Counseling and Psychological Services

305 Towerview Road, Third Floor, Box 90955 Durham, NC 27708-0995

Tel: 919-660-1000

<http://studentaffairs.duke.edu/caps>

### Counseling and Psychological Services (CAPS)

is committed to diversity as a core value of our organization. Our staff members value the uniqueness of each human being, and are sensitive to cultural and individual diversity in our immediate and extended communities.

#### Access to Services

To get started with our services:

Please call between 10:00 am - 3:00 pm

Monday through Friday

### Virtual and In-Person Services Fall 2021

- Individual & Group Counseling (Students in NC Only)
- Workshops (All Duke Students)
- Discussion and Skill Groups (All Duke Students)
- Community Engagement (Liaison relationships & presentations to faculty, staff & students)
- Health Coaching (All Duke Students)
- Psychiatric Medical Evaluations (Students in NC Only)
- Referral Services (All Duke Students)

### Hours of Agency Operation

Monday-Friday 8:00 am - 5:00 pm

Ask your initial visit counselor about evening hours if your schedule does not work with appointment times between 8 am and 5 pm.

### Other Counseling & Wellness Resources

Blue Devils Care provides 24/7 Telemental Health Support

[BlueDevilsCare.duke.edu](http://BlueDevilsCare.duke.edu)

The Duke Wellness Center (DuWell) provides a variety of wellness experiences to help students manage stress, reduce anxiety, and improve self-care.

<https://studentaffairs.duke.edu/duwell>

DukeLine is a peer coaching textline for students by students.

<https://sites.duke.edu/dukeline/> or text at (984) 230-4888

