COUNSELING & PSYCHOLOGICAL SERVICES

Interested in CAPS services?
Phone: 919-660-1000
Location: Student Wellness Center, 3rd Floor
GPS Address: 305 Towerview Rd.

Walk-In & Call-In Hours
Mon. & Tues.  9am - 6pm
Wed. - Fri.    9am - 4pm

What to expect on your first visit:
Before - Complete initial paperwork (approximately 15 minutes)

During - Meet with counselor for a brief assessment of your concerns (approximately 15 - 20 minutes)

End - Counselor will provide recommendations and best care options based upon your needs.

All services at CAPS are CONFIDENTIAL and covered under your student health fee.

Want to find out more?
https://students.duke.edu/wellness

*Please note: During high traffic times there may be a wait to see a counselor.
Here's a quick mindfulness exercise you can use anytime to combat stress.

**5 Senses Grounding Activity**

- Acknowledge 5 things you see around you
- Acknowledge 4 things that you can touch around you
- Acknowledge 3 things that you can hear around you
- Acknowledge 2 things that you can smell around you
- Acknowledge 1 thing that you can taste around you