

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)

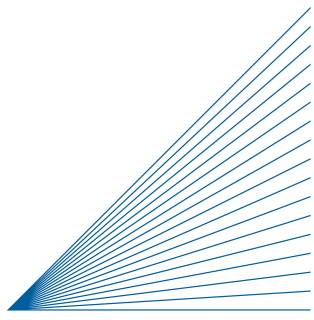
End - Counselor will provide
recommendations and best
care options based upon your
needs.



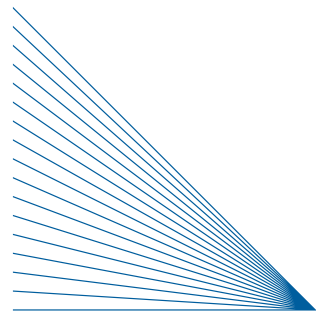
***All services at CAPS are CONFIDENTIAL and
covered under your student health fee.***

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.



MINDFUL MOMENTS



Brought to you by CAPS



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