



# CAPS:

## Counseling and Psychological Services

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

Tel: 919-660-1000

[students.duke.edu/wellness/caps](https://students.duke.edu/wellness/caps)

### Counseling and Psychological Services (CAPS)

Is committed to providing free and confidential quality mental health care to all Duke students. Our staff members value the uniqueness of each human being and are sensitive to cultural and individual diversity.

#### Access to Services

To begin services, walk in or call:

Monday & Tuesday 9:00am - 6:00pm

Wednesday - Friday 9:00am - 4:00pm

\*This is a brief initial visit to access needs

#### Services In-Person or Zoom

- Individual & Group Counseling
- Workshops
- Discussion and Skill Groups
- Community Engagement
- Psychiatric Medical Evaluations and ongoing care
- Referral Services

#### CAPS Hours of Operation

Monday – Tuesday 8:00 am - 7:00 pm

Wednesday, Thursday & Friday - 8:00 am - 5:00 pm

### Other Counseling & Wellness Resources

TimelyCare provides 24/7 Telemental Health Support

[timelycare.com/bluedevils](https://timelycare.com/bluedevils)

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

[students.duke.edu/wellness/duwell](https://students.duke.edu/wellness/duwell)

DukeLine is a peer coaching textline for students by students.

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

