

Mental Health & Parenting Resources

Fall 2020

MENTAL HEALTH RESOURCES

Crisis & 24/7 Emotional Support

- [Hope4NC Helpline](#) (855-587-3463) – Mental health resource to support North Carolinians throughout the COVID-19 crisis. Support is available 24/7.
- [National Suicide Prevention Lifeline](#) (800-273-8255)
- [SAMHSA Disaster Distress Helpline/Linea de Ayuda](#) (800-985-5990) or text **TalkWithUs** or **Hablanos** to 66746 for support via text.
- [Crisis Text Line](#) – Text HOME to 741741 to connect with a crisis counselor (24/7)
- If you or a loved one is experiencing a medical emergency, please call 911.

Emotional Support & Behavioral Health Care at Duke

- [Duke Personal Assistance Services](#) (PAS) – 919-416-1727 – Faculty/employee assistance program – licensed professionals offers assessment, short-term counseling for Duke faculty and staff and their families (adults only), and referrals at no charge
- **Emotional Support and Well-Being Line** – 919-681-1631
 - Free and confidential service available Monday through Friday, 8am to 5pm, except for university holidays.
 - Have a supportive conversation, get connected with resources and/or schedule an appointment with a clinician
 - Staffed by a team of social workers, psychiatry and psychology trainees and faculty from the Department of Psychiatry & Behavioral Sciences
 - Open to Duke faculty, staff, trainees, students and their families
- **Validation Station** – A safe and confidential space where residents and fellows who are underrepresented in medicine can share their experiences, receive support and connect with their peers. Validation Station meets Thursdays at 7 p.m. on [Zoom](#) (Meeting ID: 974 4420 6041). Please contact Paulina Ruiz at paulina.ruiz@duke.edu or call (919) 681-1631 with any questions.
- [Duke Department of Psychiatry & Behavioral Sciences](#) (clinical appointments/patient care)
 - 919-684-0100 (Adult Care; 18+)
 - 919-385-3232 (Pediatric Care)

Duke Websites with Mental Health & Well-Being Resources

- [Duke Health Support Resources for Emotional Well-Being](#) – Library of resource documents on the Duke Health website.
- [Duke University Coronavirus Website – Support](#)

- [Duke University "Keep Working" Website – Well-Being Support](#)
- [Well-Being Resources](#) from the Duke Center for Healthcare Safety and Quality

Other Duke-Generated Mental Health & Well-Being Resources

- [Slide set](#) and [Video Recording](#) from School of Medicine/Psychiatry & Behavioral Sciences Town Hall, “Stress Management and Asking for Help” (July 1, 2020)
- [Coping Card](#) created by the Duke Health well-being team
- [“Bite-Size Resilience” video series \(Duke Center for Healthcare Safety & Quality\)](#)
- [Koru Mindfulness program \(Duke Student Affairs\)](#) – Available to all Duke community members, including faculty, staff, students and alumni
- [Virtual Recreation Resources](#) – Online workout videos and classes, eSports leagues, online puzzle tournaments and more from Duke Recreation & Physical Education

Duke Articles Related to Mental Health & Well-Being

- [How to Maintain Your Emotional Well-Being Using Virtual Resources](#)
- [3 Ways to Improve Your Sleep during COVID-19](#)
- [Anxious and Depressed? Experts Share Tips for Coping in Pandemic](#)
- [How to Practice Self-Compassion during the Pandemic](#)

General Resources

- [American Association of Child and Adolescent Psychiatry COVID-19 Resources](#)
- [American Psychological Association \(APA\) COVID-19 Information and Resources](#)
- [American Psychiatric Association \(APA\) COVID-19 Resources](#)
- [National Institute of Mental Health \(NIMH\) Sharable Resources on Coping with COVID-19\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Mental Health America \(MHA\) Mental Health and COVID-19 Information and Resources](#)
- [National Child Traumatic Stress Network \(NCTSN\) Resources for Families and Caregivers](#)
- [National Center for Posttraumatic Stress Disorder \(PTSD\) Resources for Managing Stress during COVID-19](#)

(continued)

PARENTING RESOURCES

General Support/Well-Being Resources

- [COVID-19 Resource Guide for Parents and Families](#) – Compiled by the Duke Center for Healthcare Safety and Quality, Duke Department of Psychiatry & Behavioral Sciences, Duke Child and Family Study Center and Duke Human Resources
- [Resources for Individuals with Autism Spectrum Disorder and their Families](#) – Created/compiled by the Duke Center for Autism & Brain Development

Childcare/Online Learning-Related Resources in Durham and North Carolina

- [Durham Public Schools Learning Centers](#) – Expanded, day-long version of DPS before-and-after school programs. Students attending the learning centers will receive high quality child supervision from 7am to 6pm Monday through Friday.
- [YMCA Scholastic Support Centers](#) – Places where K-8 students can go to participate in their online school or Virtual Academy classes. The program is offered either Monday through Friday 8:30am to 3:30pm, with an extended day option, or as a full-day program from 7:30am to 6pm.
- [YMCA Learning Labs](#) – Online homework sessions for students in grades K-5
- [Durham Parks & Recreation School-Aged Care Program](#) – Remote learning support program and after school program for youth ages 5-12 to provide a fun, safe and productive learning experience at various recreation centers throughout the city.
- [Duke List Directory – Supporting Faculty & Staff during COVID-19](#) – Forum for listing and finding resources related to child care, elder care, pet care, etc.
- [NC Department of Health & Human Services Child Care Information for Families](#), including the Childcare Hotline (888-600-1685), which helps match parents and caregivers with unmet childcare needs to high-quality, safe childcare for infants through children age 12.
- [Childcare, Eldercare and Summer Camps](#) – Compiled by the School of Medicine

RESOURCES RELATED TO RACE & MENTAL HEALTH

- [Black Virtual Therapist Directory](#)
- [Selected local \(Triangle area\) mental health providers of color](#)
- [Black Men Heal](#) – Limited and selective free mental health service opportunities for Black men.
- [Black Mental Health Alliance](#) – Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.
- [Black Mental Wellness](#) – Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.
- [Black Women’s Health Imperative](#) – Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

- [Boris Lawrence Henson Foundation](#) – BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.
- [Brother You're on My Mind](#) – An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.
- [Ebony's Mental Health Resources by State](#) – List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- [Henry Health](#) – Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.
- [Melanin and Mental Health](#) – Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.
- [Ourselves Black](#) – Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.
- [POC Online Classroom](#) – Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.
- [Sista Afya](#) – Organization that provides mental wellness education, resource connection and community support for Black women.
- [Therapy for Black Girls](#) – Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.
- [The SIWE Project](#) – Non-profit dedicated to promoting mental health awareness throughout the global Black community.
- [The Steve Fund](#) – Organization focused on supporting the mental health and emotional well-being of young people of color.
- [Unapologetically Us](#) – Online community for Black women to seek support.