

Duke Staff Resource List

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Mind-Body Wellness

- **Meditation, Prayer & Wellness Rooms**

- This [map](#) provides locations of **meditation and wellness rooms** across the Durham campus.
 - **Muslim prayer room in the Bryan Center Greenhouse**
 - **Meditation space in Perkins Library ([Room 220](#))**
- At the *Duke Marine Lab*, there is a Wellness Space in the library that is dedicated to personal wellness such as meditation, prayer and quiet reflection.
- Everyone in the Duke community is welcome to join a free **Zoom-based meditation session Thursday mornings from 8:15-8:45am** hosted by the [Buddhist Meditation Community at Duke](#). The community also offers meditation + core discussion of Buddhist principles on **Monday evenings from 7-8:00 pm** in the Student Wellness Center Room 144 and offers guided meditation on **Thursdays from 2:00pm-3:00pm** in the Student Wellness Center Room 144 and remotely via [Zoom](#). For information on how to join, contact **Morfesis at francesca.morfesis@duke.edu**. These offerings are open to students, faculty and staff. Find more info [here](#).
- **Dr. Ellen Cooper** offers a **Zoom-based guided meditation** to the Nicholas School Community every **Thursday from 3:30-4pm**. Participants are encouraged to join at 3:15pm to settle in and ask questions before the meditation begins. Email Dr. Cooper at ellenc@duke.edu to inquire or join using this link: <https://duke.zoom.us/j/92859486168>.
- Find a list of local meditation and mindfulness centers in the Raleigh-Durham-Chapel Hill community [here](#).

- **Yoga**

- The *Student Wellness Center* offers free in-person yoga classes for students, faculty and staff on **Mondays from 2-2:50pm and Tuesdays from 5-5:50pm** in the Student Wellness Center Room 144. Visit [this calendar](#) to view upcoming yoga events, including restorative and Hatha yoga offerings. You can read more about these offerings [here](#).
- The *Duke Health & Fitness Center* offers **Flow Yoga on Mondays at 11:15am, Gentle Yoga on Fridays at 11:15am, Pilates on Mondays and Thursdays, and Thai Chi 11am-noon on Wednesdays**. For a full list of Mind & Body offerings from *DukeHealth*, visit [this link](#). You can access these classes through a membership, a free 7-day trial, or by paying \$15 per class. The gym is located at 3475 Erwin Rd Durham, NC 27705. Call **919-660-6660** for more info.
- Duke's [Recreation & Physical Education centers](#) offer a variety of yoga classes every week at Wilson and Brodie. Anyone with a valid *Rec & P.E. Membership* has access to in-person programs and facilities, as well as the Digital Library. Currently, memberships that provide physical access to recreation facilities and in-person programs are only available to Duke faculty, staff and students.

- **Employee Health & Wellness**

- **[LIVE FOR LIFE](#)**, Duke's employee wellness program, offers a variety of [programs and services](#), such as health assessments and education, smoking cessation programs, fitness activities and nutrition activities, to help eligible faculty, staff and family members reach their health and fitness goals.
- You can find more holistic wellness resources at [DuWell](#), including workshops. For more information, email duwell@studentaffairs.duke.edu.
- **Nutrition**: Looking for fresh and sustainably-sourced produce to support a healthy diet? Some custom [home-delivery and pick-up options](#) are available from local farmers on a seasonal basis. Visit the link to learn more.

Maternity & Accessibility

- **Lactation Rooms**: Dedicated lactation rooms can be found via maps.duke.edu by clicking on the Lactation Room map layer.
- **ADA Accessibility**: Visit maps.duke.edu to find and filter for “ADA Accessibility” to find ADA entrances and routes on campus

Caring for Students

- If you recognize that a student is feeling isolated or overwhelmed, calling **DukeReach** at **919-684-2455** is a great first step. DukeReach directs students, faculty, staff, parents and others to the resources available to help a student in need. The office is open Monday through Friday, 8 a.m. to 5 p.m. Outside of work hours, a student affairs dean is on-call at 984-287-0300. More information on **DukeReach** is available [here](#).

Identity-based Resources

- **Duke's Center for Sexual and Gender Diversity (CSGD)** works toward an inclusive campus climate for students, staff, faculty, and alumnx with marginalized sexual orientations, romantic orientations, gender identities, and gender expressions through education, advocacy, support, mentoring, academic engagement, and holding space.
 - CSGD has assembled a [map of gender-inclusive restrooms](#) on campus.
 - **[OUTDuke](#)** is a resource tool created by CSGD to improve LGBTQIA+ visibility, awareness, networking and community for students, faculty and staff on campus. You can sign up for *OutDuke List* [here](#).
 - CSGD hosts themed “[kickbacks](#)” on Fridays from 4-6pm to build community among LGBTQIA+ folks and allies.
- **The Duke Center for Muslim Life (CML)** creates spaces for students, staff, faculty, and community members to discuss issues related to faith, identity, spirituality, and activism. The CML provides a “home away from home” for students, staff, faculty, and community members who seek a Muslim community at Duke.
 - Jummah (Arabic: الجمعة) is the congregational prayer that Muslims hold **every Friday**. Jummah is held every week in **Rooms 148 and 149** in the **Student Wellness Center**

on West Campus, starting at **1:00 PM**. There is also a **1:30 PM** service held all year at the **Interfaith Chapel** in the **Duke Medicine Pavilion**. The Duke Medicine Pavilion Chapel is located at 10 Duke Medicine Drive, main level, between the information desk and cafe. This service serves as an alternative to the one on West Campus for those who work or study closer to the hospital. Read more about Duke's Jummah offerings and find a list of local Mosques [here](#).

- The [Mary Lou Williams Center for Black Culture](#) (est. 1983) is a safe, welcoming and supportive space that reflects the core values, culture, mission and perspectives of Duke's Black community. Email marylou@duke.edu for more information.
- Duke's **Center for Truth, Racial Healing & Transformation (TRHT)** offers a [number of programs](#) and group-based resources for story sharing and dismantling racism. These include UNESCO Story Circle, RxRacial Healing Circle, Transforming Dialogues on Race and Racism, and a more general Introduction to the TRHT Framework.
- **Face Equality and Facial Difference Resources**
 - [Face Equality International](#)
 - [Changing Faces](#)
 - [Centre for Appearance Research](#), UWE Bristol

Stress Management, Mental Health & Emotional Support

- **Stress Management Classes** hosted by *Duke Human Resources*. Scheduled at your convenience, most classes are 30 minutes long. Classes are free of charge but require a minimum of 12 participants (Small departments may be combined). Call **919-684-3136 (Option 1)** for more information.
- Duke offers a free **Mind Your Health Seminar** through the *Duke Learning Management System (LMS)*. You can find more information about the seminar [here](#).
- Duke offers **Chair Massages** on Thursdays from 12-4pm on the Main Level of the Duke Cancer Center. For more information click [here](#) or call **LIVE FOR LIFE at 919-684-3136 (Option 1)** to schedule an appointment. Chair massages are \$18 per 15 minutes. *Massage offerings may be subject to change due to COVID-19.
- Duke HR can point staff to resources for [balancing work and family](#), [managing responsibilities](#) (including time and money), and [how to manage stress](#).
- The [Department of Psychiatry and Behavioral Sciences](#) at Duke has appointments available (in-person and video) for faculty, staff, Graduate Medical Education (GME) trainees, and their families (including children) who are seeking support related to stress management, coping resources, and behavioral health concerns. In-person and video appointments are available **Monday through Friday 8am-5pm**. Appointments can be scheduled by calling **919-681-1631**.
- [Personal Assistance Service \(PAS\)](#) is the faculty and employee assistance program of Duke University. The staff of licensed professionals offer assessment, short-term counseling, and referrals to help resolve a range of personal, work, and family problems. PAS services are available free of charge to Duke faculty and staff, and their immediate family members. To obtain an appointment, contact the PAS office at **919-416-1727**.

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- [Duke Health & Well-Being](#), an entity comprising Duke Health & Fitness Center, Duke Integrative Medicine and Duke Lifestyle & Weight Management Center, offers a quarterly eight-week program in [Mindfulness-Based Stress Reduction](#) for \$445-495. The program includes nine 2.5hr sessions and an all-day silent retreat.

Crisis and Relief Resources

- [North Carolina Department Health and Human Services](#) offers crisis services. Anyone may request crisis or emergency services in North Carolina for mental health, substance abuse, intellectual and developmental disabilities issues.
- **Crisis Textline:** Text START to 741-741
- **National Suicide Hotline:** 1-800-273-TALK(8255) | suicidepreventionlifeline.org
- **LGBTQIA+ Trevor Lifeline:** 866-488-7386 | [TheTrevorProject.org](https://thetrevorproject.org)
- **Trans Lifeline:** 877-565-8860 | translifeline.org
- **Addictions Hotline:** 1-888-984-0363 | 24houraddictionhelp.org
- **Veterans Crisis Line:** 1-800-273-8255, select 1

Don't see what you're looking for? Duke's [HR website](#) has a plethora of other resources for employees, ranging from health coaching and nutrition to mental health.