

Counseling and Psychological Resources for DUML Students

Duke CAPS- via Telehealth



Duke's Office of Counseling and Psychological Services (CAPS) provides virtual, Telehealth services, including individual and group counseling, as well as psychiatry visits, for Duke Marine Lab students.

To begin services at CAPS, please call the Duke Triage, Referral, Access and Crisis (TRAC) team at (919) 660-1000 on Monday or Tuesday between 9am & 6 pm, or Wednesday through Friday between 9am & 4pm. A staff member will provide you with electronic forms to complete prior to your visit and will collect your contact information so a CAPS counselor can call you after you've completed and returned the forms. The CAPS counselor will ask you questions about your concerns and gather some history to help define your concerns to identify the right kinds of services for your needs. The counselor will also assess your safety to determine if urgent intervention is needed.

**Every Duke student is now eligible for psychiatric services via Duke telehealth. **

Duke Blue Devils Care



If you're feeling overwhelmed, you will be able to talk to a licensed mental health provider from your device. Duke Blue Devils Care provides on-demand mental health support and gives students a safe space to talk about anything at any time, including anxiety, relationships, sadness, isolation and loneliness, and more. Students will have the option to see a counselor for up to 12 sessions (sessions will be remote).

[Duke Blue Devil Care](https://BlueDevilsCare.duke.edu) is an option for *anytime* telehealth for students. Blue Devils Care provides 24/7 mental telehealth support to all Duke students at no cost! To get started, visit BlueDevilsCare.duke.edu to download the app so you can use the service whenever you're ready.

Local Counseling Options

DUML students also have the option to use local counselors through the DUML/CAPS Referral program. To utilize this service, please contact the Duke TRAC team 919-660-1000. Please see the following page for additional details about the local counseling options.

Due to COVID-19, the local providers may offer appointments via tele-health. Please inquire about the provider's process when you schedule your appointment.

See providers on the next page

Counseling Options for DUML Students in the Marine Lab Community

- Dianne Brown, LPC, NCC, DCEP
1104 Arendell Street
Morehead City, NC 28557
(252)503-5143

I am a Licensed Professional Counselor providing mental health services to adults, adolescents, and couples. Skilled in cognitive behavioral therapy and client-centered interventions, I pay particular attention to the mind, body, spirit connection and find ways to help you bring balance to your life. Learn to manage and even eliminate stress in your life. I am insight oriented and solution focused. Specialties include anxiety and depressive disorders, PTSD, substance abuse and eating disorders, dual diagnosis, adolescent issues and women's issues.

- Pamela Munoz, MSW, LCSW
1104 Arendell Street Morehead City, NC 28557
(252) 622-9310

Specialty/Areas of Interest: Individual, couples, and family therapy. Depression, anxiety, trauma, women's issues, grief, ADD/ADHD, substance abuse, dual diagnosis, mood instability, pregnancy loss, crisis intervention, parenting issues, chronic medical and mental health issues. I use a combination of approaches and together, we work towards enhancing resiliency, strength, and optimism. My 19 years of experience in this field have given me the privilege of witnessing the healing and growth of a diversity of individuals.

- Christine Smith, MA, LMFT
262-622-7473
209 N. 35th St., Suite A-2
Morehead City, NC 28557
pchristinesmithlmft@therapyemail.com

As a marriage and family therapist, I work with individuals, couples and families to help them meet goals, resolve challenges, and move to more comfortable ways of functioning. I work from the perspective of growth and development, and the solving of challenges by identifying and changing ineffective patterns and styles of interaction to more effective, productive, and comfortable ones. The primary therapeutic methods from which I address clients' concerns include Bowenian (a personal growth and development model), symbolic-experiential, structural family therapy, and strategic therapy. For couple therapy, I find Gottman interventions to be relatable and effective. My background has enabled me to develop a broad worldview and depth of perspective, and throughout my careers I have worked with people of all ages and varied backgrounds.

- One to One Counseling (Multiple counselors in Morehead City location)
Address:
3332 Bridges Street Suite 3A
Morehead City, NC 28557
Please contact Dr. Gwen Roberts to schedule: 888-557-1675 ext. 1
<https://www.onetoone-cc.com/AboutOurProfessionals.en.html>
- Maureen Migliore, MS, LPA
601 Cedar St., Ste. 5 Beaufort, NC 28516
(252) 838-1605