Dear Colleagues,

Thank you for all you and your loved ones do, and with the end of the semester approaching, we are writing to offer a few timely reminders to faculty and staff.

First, thank you for your tireless efforts to support undergraduate inside and outside of the classroom this semester. We hear routinely from students and colleagues that you have gone above and beyond to engage them and support them in all platforms. We are so grateful you are able to juggle so many additional responsibilities outside of your teaching and we are grateful for the student support you have withdrawn.

Of course, the timing of the compressed, unanimous, and uniquely challenging semester has been difficult for all of us. As we approach the end of the term, we hope you find the information and reminders offered below to be helpful and timely.

Faculty, Mental Health, and Wellness

In the coming days and weeks, we encourage you to take time to recharge, recharge, and keep your loved ones close. We hope you will find the resources we have gathered below to be helpful in maintaining your own emotional, and physical wellbeing. We truly appreciate your efforts, and we know you have gone to extraordinary lengths to support our students’ intellectual, emotional, and physical wellbeing.

The Personal Assistance Service (PAS) is a confidential 24-hour assistance program that is available at no charge. PAS staff are licensed professionals who offer assessment, short-term counseling, and information to help resolve a range of personal, family, and living challenges. VIA phone at 919.684.2255 or send an email to PAS@Duke.EDU.

The Office of Student Mental Health and Wellness provides information for students, faculty and staff, as well as useful background information on the electoral process that you can share with your students. Please don’t ever worry alone — we are in this together, and we are here to help you find the support you need, even if you are not sure how to ask.

As a reminder, classes are scheduled to take place online on November 10th. The status of this moment requires that we take a longer view on the timing of the end of the semester. This will require a district that we will not tell you the exact end date for the fall. This may create additional uncertainty and stress on campus. We urge you to consider ways to support yourselves and your students in the upcoming weeks.

First vote: We are also encouraging you to take the time to vote. The Duke Votes website includes information for students, faculty and staff, as well as a virtual voting event on the electoral process that you can share with your students. Please don’t forget that any voter eligible to vote in Durham County can vote in the General Election from a booth or a ballot box. There are two ways to vote in Durham County: in-person at a voting center, or voting by mail. You can view the latest voting locations on the Durham County Board of Elections website. Voting center locations may be shared with students through email, social media, or other communications platforms. We know this comes as you juggle many additional responsibilities outside of the classroom and we urge you to use your networks to help connect your students with DukeReach, which can provide you with additional resources to help connect your students with wellness resources.

Other resources include:

DukeReach: a convenient way for Duke students to receive no-cost mental health support. Students can sign up at the website above using the service key “DukeReach.” Other resources include:

- Duke Blue Devils Care: a confidential 24-hour counseling and support service for Duke students.
- Two-Click to Connect: In just two clicks, students can select one of two (2) types of (non-licensed) peer responders. One of the peer responders is trained to provide support in academic-related stress; the other is trained to provide support in life-related stress. The peer responders are available to students 24/7.

Keep Learning

As a reminder, classes are scheduled to take place online on November 10th. President Price’s recent message noted that faculty have the flexibility to make decisions about whether to pre-record course content and pace; you can abbreviate assignments, pre-record instructional video or combine live and recorded instruction.

For your current syllabi language student wellbeing. In August, we shared a menu of strategies that facilitate academic progress while minimizing stress in the pandemic; your voice matters in helping them keep things in perspective. You can point them to COVID-related wellness strategies on our COVID-19 resource page.

While election day is on November 3rd, the nature of the moment requires that we take a longer view on the timeline of this election season. There is a distinct possibility that we will not know election results on November 4th. This may create additional uncertainty and stress on campus. We urge you to consider ways to support yourselves and your students in the upcoming weeks.

Students can sign up at the website above using the service key “DukeReach.” You can use the DukeReach website to connect with a licensed counselor. There are two ways to connect with DukeReach: verbally or text. DukeReach also recommend that students can sign up at the website above using the service key “DukeReach.”

Duke-sponsored resources available to support faculty wellness include:

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