

Nightline

By students, for students

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A black rectangular plaque is mounted on a brick wall. The plaque has four black screws at the corners. The text on the plaque is white and reads: "Nightline has grown since humble beginnings, starting here in a hut in 1970. It now supports millions of students across the world." In the bottom right corner of the plaque, there is a small, yellow, diamond-shaped sticker with the text "50 years" in black.

Nightline has grown since humble beginnings, starting here in a hut in 1970. It now supports millions of students across the world.

50
years



Nightline Vision

For every student in higher education to have access to the support offered by volunteer led Nightline services so that:

- every student is able to talk about their feelings in a safe, non-judgmental environment
- fewer students have their education compromised by emotional difficulties
- fewer students die by suicide

About Nightlines



- There are 36 Nightlines across the UK and Ireland
- Run by over 2,000 student volunteers
- At over 120 institutions
- Providing support to over 1.5 million students



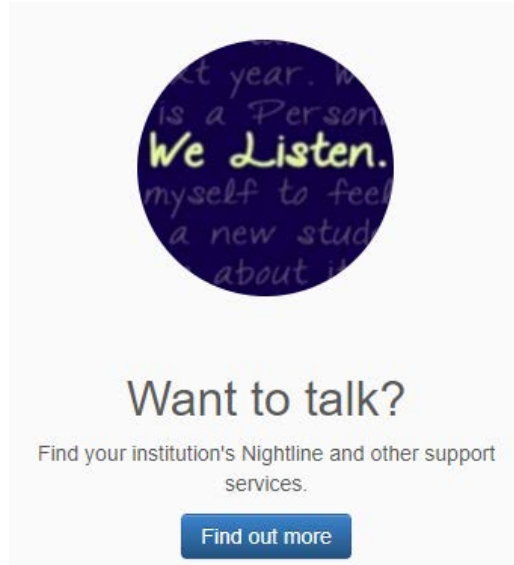
Benefits of Nightline

- Open at night when other mental health services are closed
- Students are more likely to access support from their family or peers
- Option to contact via IM, text, or email can be less daunting
- Non-judgemental and anonymous
- Source of signposting to other services or information

What our student volunteers think



What YOU can do



- Go to www.nightline.ac.uk to find and support your local Nightline
- Help us spread awareness of this invaluable student support service so that we can **collectively champion for student mental health!**