

## **Nightline**

*A paper by Marissa Lewis, Deputy President (Welfare)*

### **Background**

Nightline is a telephone service which provides emotional support to students in distress throughout the night when other services may be closed. It is manned by students for students at their university. The students are trained in how to respond to students in distress and offer a non-judgemental listening service.

Imperial College Union signs up to Nightline, which has a subscription fee of around £1500 a year. Recently, some concerns have been raised about the service – namely that it only runs during term time so this has varying use for postgraduates and medical students. Equally, the Union doesn't have access to the usage figures so we don't know the uptake of Nightline amongst our students.

We are currently reviewing all the advice provision we give our students, and Nightline is part of this review. Other services do run at all times of year e.g. Samaritans, and it may be more appropriate to promote them more actively than continue subscribing to Nightline, although it is important to note that this will lose the peer-to-peer support that is unique to Nightline.

### **Discussion**

- How do people feel about Nightline?
- Has anyone had any feedback about the service?
- What data would be useful to make a decision about Nightline?