

Nightline Europe and the Student Mental Health Landscape

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— Overview

- **What is Nightline?**
- **What is Nightline Europe?**
- **Mental Health Report + findings**

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What is Nightline?

— What is Nightline?

- **Began in the UK 50+ years ago, now in universities and countries across Europe**
- **Originally in response to student suicide, now covering any and all topics**
- **Overnight listening support service**
- **Peer support model run and shaped by students at all levels**

— Principles of Nightline's operation

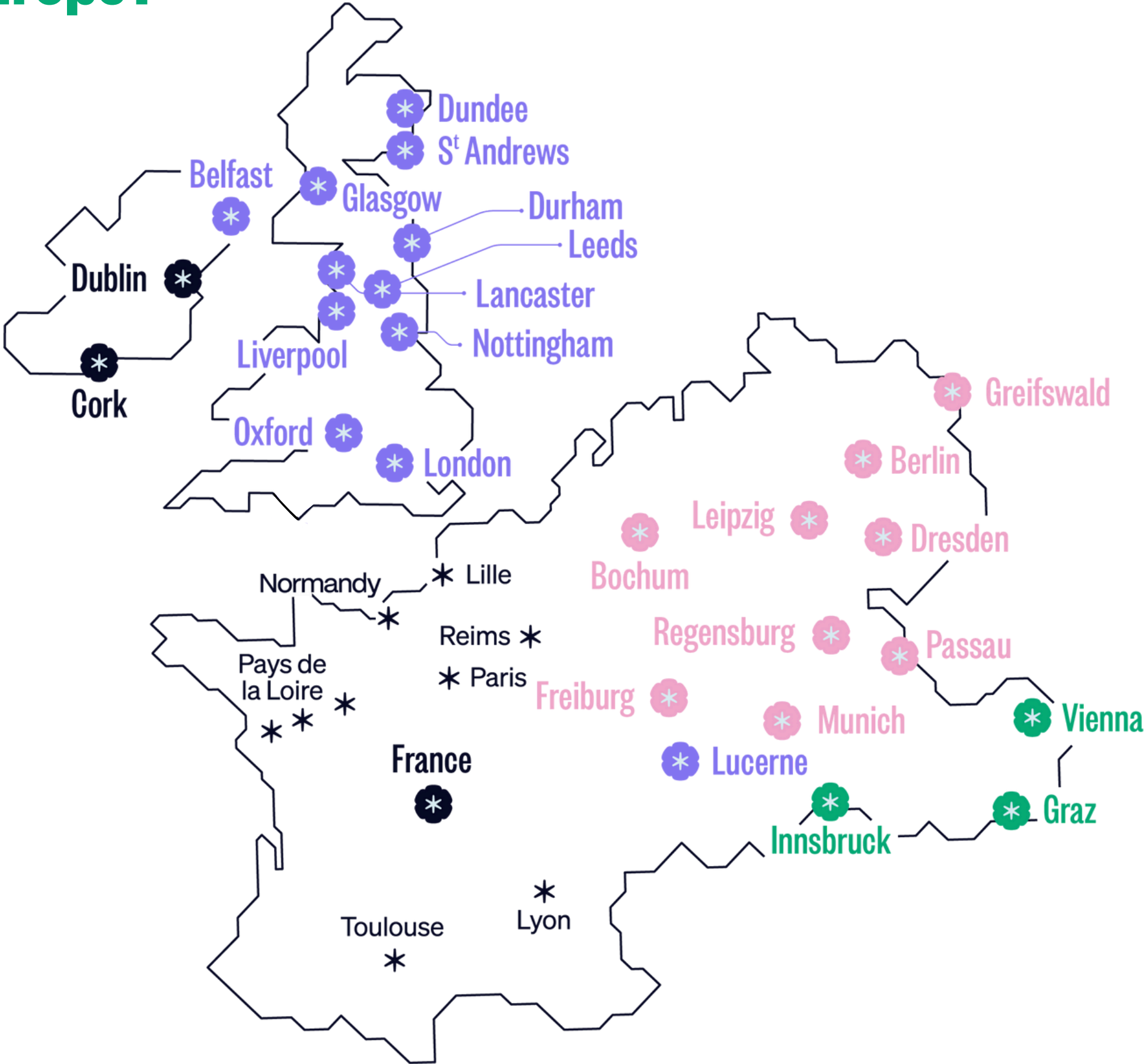
- **Non-directive**
- **Non-judgmental**
- **Confidential**
- **Anonymous**
- **Student-led**
- **Often external to universities**
- **Non-profit**

— What is Nightline Europe?

- **Goals: strengthen and expand support for student mental health across Europe**
 - **Connect Nightline branches for collaboration and support**
 - **Produce research to promote best practice**
 - **Advocate for student mental health at university and policy levels**

What is Nightline Europe?

37 members



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Mental Health Report

— **Mental Health Report (MHR)**

- **Released earlier this year**
- **First report of its kind aggregating data from Nightlines across the continent**
- **Based on almost 15,000 calls and online chats taken in 2023-4**

— Results of MHR

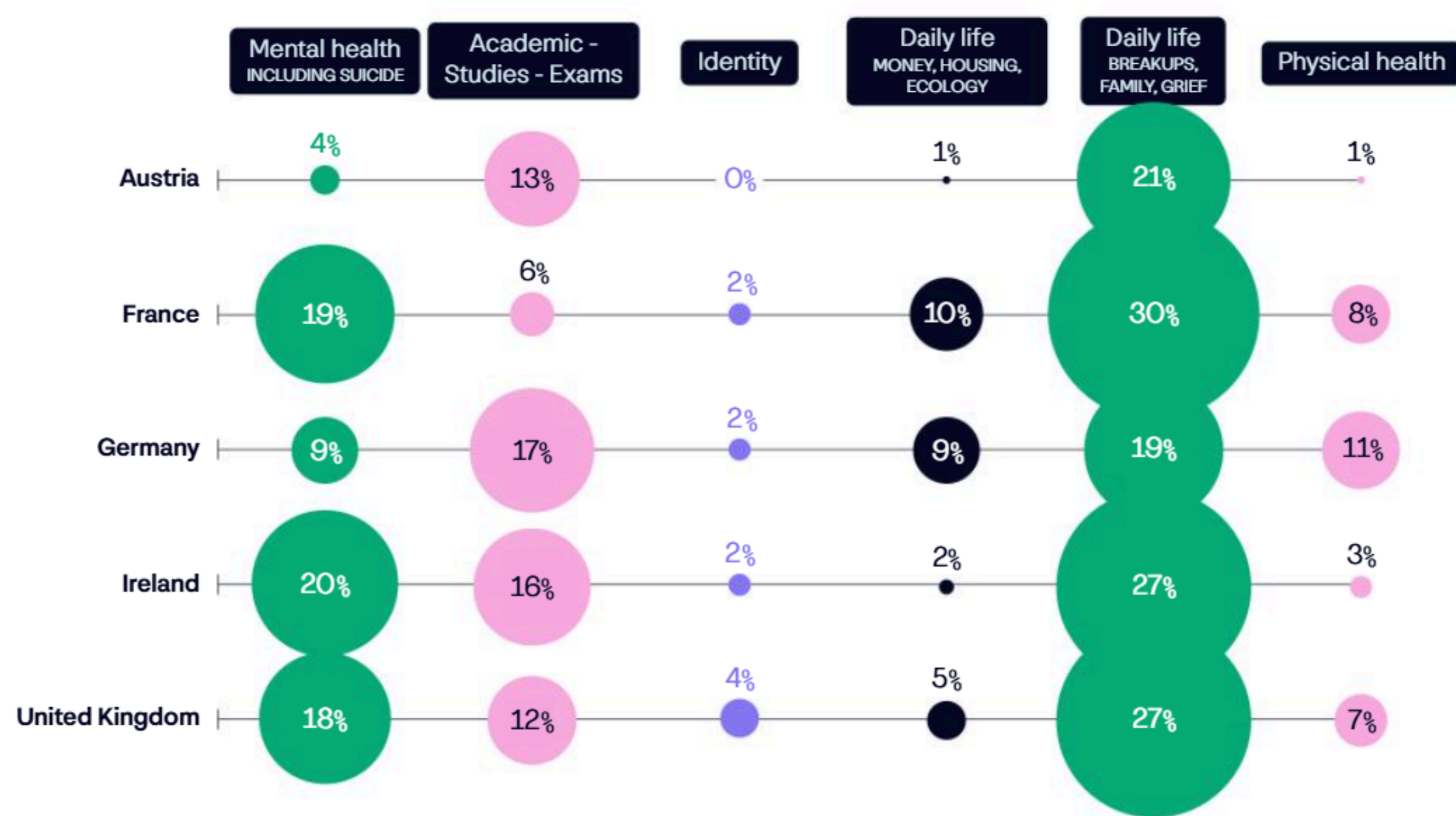
- **Calls > chats**
- **Trends:**
 - **28% daily life (grief, breakups, family)**
 - **18% mental health (including suicide)**
 - **15% personal life (including loneliness and homesickness)**



**Sometimes, what young people
need above all is a listening ear,
to feel better or to feel
empowered and comfortable
about seeking additional help
elsewhere, if necessary. (p43)**”



— Results of MHR



**Suicidal ideation or
intention was discussed
in 10% of calls.**

MHR Recommendations

- **Facilitate student-informed responses to principal risk factors**
 - **Involve students in discussionson understanding and providing solutions**
 - **Fund and support student-led, peer-to-peer initiatives**

— MHR Recommendations

- **Prioritise coordinated investment in prevention**
 - **Ensure investment in prevention**
 - **Adopt a political vision which strives towards more inclusive, sustainable, and equitable societies**
 - **Encourage and enable a whole-university approach**

— MHR Recommendations

- **Helping the helpers**
 - **Empower students to understand mental health**
 - **Adopt recommendations and a blueprint for best practice**

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The future of Nightline and student mental health

— Looking to the future

- **Starter kit for new Nightlines**
- **Second Mental Health Report**
- **If you're a student interested in starting a Nightline: boardnle@proton.me**
- **If you'd like to hear more about our work louise.sanna@nightline.fr**

Read the first Mental Health Report here:

