



# Listening Skills

*Last updated June 2024*

- **Durham Nightline** runs our active listening training once a term.
  - Under our 3-day model, attending our first training weekend (Day 1) will grant you welfare-level Nightline training, whereas attending both weekends (Days 1, 2 and 3) will grant you volunteer-level welfare training.
  - Volunteer-level is the most comprehensive training and puts you at the same level as volunteers within Nightline. You will be provided with a certificate for undergoing either training.
  - For up to date information about when the training sign-ups open, see [@durhamnightline](#) on Instagram.
  - The linktree below will contain the link to sign up, or the waitlist sign up to training. <https://linktr.ee/durhamnightline>

## External Resources

- **BeThere** (info). An online educational resource to help you learn how to recognise when someone is struggling with their mental health and the best way to support them. <https://bethere.org/Home>
- **YoungMinds** (info). Advice and information on how to support friends struggling with their mental health whilst also taking care of your own. <https://www.youngminds.org.uk/young-person/supporting-a-friend-with-their-mental-health/>