

Listening Skills Signposting

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Nightline Training Weekend

- **Durham Nightline** runs active listening training once a term.
 - Attending all of Day 1 will grant you the Nightline Active Listening Certificate, and is usually recommended for students in peer-supporter roles.
 - Attending all of Days 2 & 3 will grant you the Enhanced Active Listening Certificate, the ability to apply to become a volunteer, and is the same standard of training provided to volunteers. Senior Welfare Officers are typically recommended to attend Days 2 & 3.
 - 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/>
- **Samaritans** (info) have a page for tips on becoming a better listener, and how to spot that someone is struggling, using their SHUSH acronym. It also gives you information on how to approach someone getting additional help, and how to look after yourself during this. <https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-support-someone-youre-worried-about/>