



nightline

(01865) (2)70 270

Oxford Nightline is a completely independent **listening, support and information** service run for students, by students. We are here for all students every night from **8pm-8am, 0th week to 9th week**. You can ring us on **(01865) (2)70 270** (free from internal phones).

Hundreds of students contact Nightline every year for both support and information. We are open throughout the night when other counselling and welfare services are unavailable, and all of our volunteers are fully trained. We aim to provide every student in Oxford with a safe and supportive space to talk about whatever is on their mind.

When you call or visit us, we won't give you advice or tell you what to do, we'll just listen and talk about whatever you want to, big or small. We don't make assumptions or judgements, and everything you say will be held in complete confidence- we won't pass on anything to your college, tutor, or anyone else. We won't rush or pressure you and we won't hang up, however long you want to talk. Sometimes people just need to talk things through or know that there is someone there who cares and is happy to listen.

We also offer a wide range of information ranging from details of mental health services to STI clinics. Whether it's bus timetables, contact details for the counselling service, or directions to the nearest pub, we can help!

If you would like to train to be a volunteer for Oxford Nightline, more details can be found on our website: <https://oxford.nightline.ac.uk/volunteer>.