Background
- Mental health demands on university campuses are rising, with nearly 40% of students experiencing depression
- There has been increased demand for peer-led mental health support, but whether peer-led support would fill mental health needs of graduate students is unknown
- DukeLine, an anonymous peer support textline launched Fall 2020, can test these questions

Aims & Hypotheses
We aim to fill the gap in campus mental health resources by offering authentic student peer support from students who undergo rigorous, professionally-led training.

Method
- **Undergraduate textline:**
  - Expanded to include 3 upperclassmen dorms
  - Expanded social media and campaigns
  - Data collection pre- and post-text survey

- **Graduate student survey:**
  - Qualtrics survey piloted in 1 PhD-granting department to assess:
    - Awareness and utilization of campus and department resources
    - What resources would best support them
    - Interest in a program like DukeLine

Results: Undergraduate Textline
- Average length of conversations: 71.2 minutes (n = 55)

Results: Graduate Survey
- n = 16
- 6.3% of students report feeling somewhat dissatisfied with resources, and 50% feel neutral
- One-third of students feel support is mentor-dependent

Would A Service Like DukeLine Be Helpful for Graduate Students?

Summary & Future Directions
- Continued outreach into East and West Campus dorms
- Determine need in other Duke communities and expand support based on findings (post-doctoral students, Duke School of Medicine)

Dukeline’s Effects on Sadness, Stress, and Happiness (n = 10)

29% of texters are repeat texters
n = 55