

## 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.

### Undergraduate textline:

- H1:  $\geq 50\%$  of former texters will reach out to DukeLine at least once (repeat texter)

### Graduate student survey:

- H2:  $\geq 70\%$  Graduate students will report finding DukeLine a “somewhat” or “very” helpful service for their communities
- H3:  $\geq 70\%$  of graduate students are seeking support particularly due to loneliness and individual health/safety

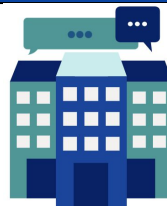


29% of texters are repeat texters  
n = 55

## Method

### Undergraduate textline:

- Expanded to include 3 upperclassmen dorms
- Expanded social media and campaigns
- Data collection pre- and post-text survey



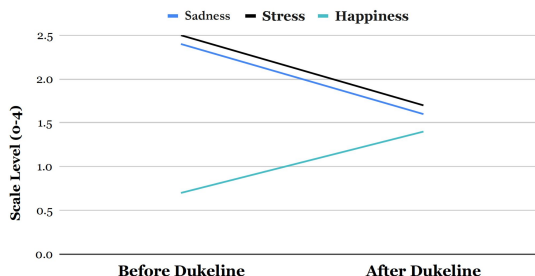
### Graduate student survey:

- 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)

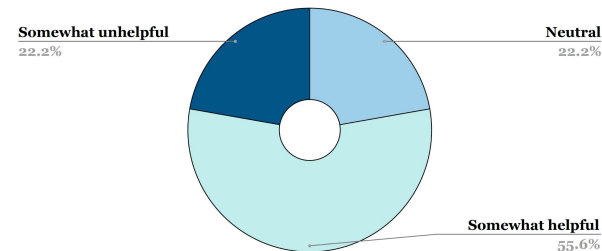
### DukeLine's Effects on Sadness, Stress, and Happiness (n = 10)



## 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

- ✓ Expanded recruitment, continued data collection
- ✓ Began assessment of graduate student needs for additional mental health support
- Continue 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)

\*Eisenberg, D., Ketchen Lipson, S., & Heinze, J. (2020). Fall 2020 Data Report (The Healthy Minds Study, p. 26). University of Michigan.

