

# Become a NMHP Champion

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On the 24th May this year over 900 nurses, midwives and students from across Australia gathered at the Melbourne Convention & Exhibition Centre for the second 'Nurses & Midwives Wellness Conference'. This unique event came together after months of planning and with the tremendous support of the ANF (Vic Branch).

The event captured the hearts and minds of everyone present. The program was designed to promote the health, wellness and vitality of those in our industry. I'm confident this was delivered. It promised to restore, replenish and rejuvenate the stocks of those who work so hard and give so much to their communities and to our society. I'm confident this was delivered.

It provided simple, yet effective strategies we can use at work and in all other areas of life. Finally, it asked the delegates to participate in an interactive session involving music and song. This activity brought the audience together as one and generated happiness, laughter and tears. It promoted cooperation, camaraderie and a sense of togetherness which resulted in a wonderful production.

An unexpected by-product of the conference was the incredible generosity and goodwill extended by so many colleagues toward the NMHP. Many delegates offered to spread the word about this unique organisation on their return to work.

As a result of this groundswell we have instigated the 'NMHP Champion' initiative. On behalf of our team I would like to invite you to contact us to express an interest in becoming a 'NMHP Champion'.

The roles of the 'Champion' include:

- Promoting the functions of the NMHP within your organisation;
- Disseminating information about the NMHP to wards, departments, units or groups of nurses/midwives within your organisation;
- Being prepared to identify yourself as a 'friend' of the NMHP who is able to speak with confidence about our referral pathways;
- Explaining the reasons why a colleague may decide to contact the NMHP;
- Distributing our promotion material throughout your organisation.

By becoming a 'NMHP Champion' you will be helping to promote the benefits of good health and the importance of seeking help early. You will also have access to NMHP staff for support in managing any challenges you may face in the role.

Living and working outside of Melbourne is NOT an impediment. In fact we welcome interest from Victorian regional and rural based nurses and midwives! Colleagues from outside of Victoria are welcome to contact us to discuss the program.

So how do you get involved? Simply email the NMHP at [admin@nmhp.org.au](mailto:admin@nmhp.org.au) expressing an interest. We'll send you a form to complete and from there we will provide comprehensive training about the organisation.

I look forward to receiving your interest. We are excited at the prospect of giving you the chance to support 'our own'.

For advice and guidance on matters related to nurse and midwife health call the office on (03) 9415 7551.