

# What We Do

## Nursing and Midwifery Health Program **Victoria**

### Our Service...



... is a free, confidential and independent support service for nurses, midwives and nursing/midwifery students in need of support with sensitive health issues related to their substance use and/or mental health impairment



... is designed and delivered by nurses for nurses, midwives and nursing/midwifery students



... conducts a Wellness Group that provides a safe place for nurses and midwives to share their challenges, receive peer support and seek professional advice



... requires no formal referral – simply phone 03 9415 7551 or complete a Referral Form and email to: [admin@nmhp.org.au](mailto:admin@nmhp.org.au)



... provides employers with expert guidance, support and advice



... is a Quality Innovation Performance (QIP) accredited organisation



... is a Victorian state-wide service with a presence in Ballarat, Bendigo, Geelong and Traralgon



### Organisation Visits

We will visit health services to introduce and promote the NMHPV and present tailored information related to nurses, midwives and nursing/midwifery students health.

### NMHP Champions

This very successful initiative of training nurses and midwives about the NMHP and how, when, where and why to access it continues. If you or your organisation is interested in becoming a 'NMHP Champion' please contact us.

# 89%

... of participants were either supported to remain at work, returned to work or had a plan to return to work in nursing

# 83%

... of participants entered into a positive on-going personal therapeutic relationship

# 67%

... of participants displayed a significant behavioural change that resulted in an improved health status

### Services provided since August 2006

# 1660

... individual facilitated episodes of care for nurses, midwives and nursing/midwifery students

# 350+

... participants received additional telephone support and assistance between appointments

# 305

... colleagues attended our facilitated peer group support program

# 185

... employers (including DONs, NUMs, Supervisors or equivalent), received information and support to assist them in managing the health/welfare of their nursing/midwifery staff

# 500+

... nurses, midwives and nursing/midwifery students from over 60 organisations have graduated as NMHPV Champions

**CONTACT US NOW!** 03 9415 7551 or visit [www.nmhp.org.au](http://www.nmhp.org.au)

