

Vision

Our vision is for healthy and safe nursing and midwifery professions.

We invite you to express an interest in becoming a 'NMHP Champion'.

The Nursing and Midwifery Health Program Victoria respects and values our participant's sensitive health issues and understands the importance of providing a timely, accessible and non-judgemental service.



Nursing and Midwifery Health Program Victoria is a free, confidential and independent support service led by nurses for nurses, midwives and students of nursing and midwifery who require assistance with their sensitive health issues.

The role of a NMHP Champion

- To showcase the NMHP to their organisation
- To raise awareness of the NMHP and highlight positive health information amongst their nursing/midwifery colleagues
- To assist their nursing/midwifery colleagues to understand how and when the NMHP can be of assistance
- To present NMHP information to 'our' colleagues via local presentations and NMHP printed material
- To inform 'our' colleagues of the referral pathways to the NMHP
- To highlight the experiences that nurses/midwives confront in the role and to help challenge the stigma attached to seeking help
- To distribute NMHP promotional materials

The time required to be a NMHP Champion

- This is entirely up to what any individual nurse/midwife has available to offer
- The NMHP will be very happy to discuss the options and share ideas of how current Champions use their time

The benefits of the NMHP Champion

- Provides individual Champions and their organisations with knowledge of the NMHP and how to promote the Program
- Creates awareness of the issues, challenges and concerns that nurses/midwives encounter
- Provides nurses/midwives with empowered colleagues who are confident to speak about the NMHP and distribute positive health messages
- Empowers Champions to speak confidently with their organisation leaders about the issues and supports available
- Adds valuable information, resources and links to the Champion's place of employment

What is not required of the NMHP Champion

- The NMHP Champion is NOT to be a counsellor, gate keeper or provider of these services
- It is NOT to interfere with the Champion's employed position as a nurse/midwife AND IS designed to add value to their paid role within their organisation
- It is NOT to come at a cost to the Champion or their organisation
- It is NOT designed to take priority over their paid employment

The supports available to the NMHP Champion

Champions will have:

- Access to NMHP staff who will provide support, information, guidance and assistance with managing any challenges faced in the role
- Ongoing links and connections to their fellow Champions
- Opportunities to learn about new initiatives in self-care
- Access to regular correspondence and contemporary health information
- Electronic and printed NMHP materials available at call

How do I become a NMHP Champion?

- Register your interest online at: www.nmhp.org.au