

Nursing and Midwifery Health Program Victoria

Vision

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

Nursing and Midwifery Health Program Victoria

Head office

110 Church Street, Richmond, Victoria 3121

Phone: 03 9415 7551

Monday to Friday from 8.30am to 5.00pm

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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.

Rural support

The NMHP Victoria also provides face to face support to its non-metropolitan colleagues, making monthly visits to: Ballarat, Bendigo, Geelong and Traralgon. Appointments at these locations can be made by calling 03 9415 7551.

Nursing and Midwifery Health Program Victoria

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.



Why we are here

The Program was established in 2006 as an initiative of the Nurses Board of Victoria, the Australian Nursing and Midwifery Federation (Victoria Branch) and passionate nurse leaders.

It is a fully independent legal entity with a Board of Directors and it enjoys strong support from all stakeholders within the nursing and midwifery professions.

The Program exists to provide health support to all nurses, midwives and students of nursing and midwifery in Victoria faced with substance use, mental health or family violence concerns. It advises and assists managers and human resources staff managing nurses and midwives with these sensitive health issues in their workplace.

For more information visit our website at:
www.nmhp.org.au

We are here for you

If you are concerned about your stress levels, feel exhausted or anxious, or experiencing challenges related to your substance use, mental health or family violence circumstances, we encourage you to contact us as soon as possible. Early intervention greatly improves outcomes.

Any nurse, midwife or student of nursing or midwifery can refer themselves to this voluntary Program. We also welcome recommendations and referrals from employers including; Directors of Nursing, Chief Executives, Nurse Unit Managers, Human Resource Departments, Industry Unions, Universities and the Australian Health Practitioner Regulation Agency.

It's all confidential

The NMHP Victoria values participants' confidentiality and, unless compelled by law or with consent, the names of participants will not be divulged.

The Program complies with the Information Privacy Act 2000 and Health Practitioner Regulation National Law Act 2009. Anonymous enquiries are welcome and can be attended to without the caller identifying themselves.

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The NMHP Victoria conducts assessments, develops individual management plans, provides intensive support and coordinates treatment, including the arrangement of appropriate referrals. It provides ongoing support and, when required, assist the participant's re-entry to work. The management of these sensitive issues may require a range of therapeutic interventions and the appropriate expert assistance will be obtained in each individual case.

The Program also offers:

- Individual contact sessions
- Peer wellness support group
- Health and wellbeing forums delivered in health services across Victoria
- Personalised employer support and assistance with referrals
- NMHP Champion Training
- Workplace support
- Career support
- General phone advice and referrals; including those from family members
- Confidential email enquiries.

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