

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

Level 8, Aikenhead Building
27 Victoria Parade, Fitzroy Victoria 3065
Phone 03 9415 7551, Fax 03 9415 7559
Monday to Friday from 8.30am to 5.00pm
Email: admin@nmhp.org.au | Web: www.nmhp.org.au



Nursing and Midwifery Health Program Victoria

03 9415 7551



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 office locations

Eureka Business Enterprise Centre, Ballarat
15 Dawson Street South, Ballarat Victoria 3350

Traralgon Business Centre
Level 1, 55 Grey Street, Traralgon Victoria 3844

Monash University Building, Bendigo
37 Rowan Street (Cnr Rowan & Wattle Streets)
Bendigo Victoria 3550

Merevik on Ryrie, Geelong
169 Ryrie Street, Geelong Victoria 3220

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.

Today we enjoy broad support from many areas within the nursing and midwifery professions.

The NMHP Victoria is a fully independent legal entity with a Board of Directors.

The Program exists to provide a health service to all nurses, midwives and students of nursing and midwifery in Victoria facing the challenge of managing substance use and mental health concerns. We advise and support managers and human resources staff facing the challenge of managing nurses and midwives with health issues in their workplace.

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

We are here for you

If you have concerns about your stress levels, feeling exhausted or anxious or concerned about your substance use or mental health, we encourage you to contact us as soon as possible, as we know that early intervention greatly improves outcomes.

Any nurse, midwife or student of nursing or midwifery can refer themselves to the 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 are not divulged to anyone.

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.

Nursing and Midwifery Health Program Victoria

The NMHP Victoria conducts assessments, develops individual management plans, provides intensive support and coordinates treatment, including the arrangement of appropriate referrals. We provide 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 support groups
- Health & wellbeing group sessions
- Metropolitan and Regional based workshops on health and wellness
- Employer assisted referrals
- Workplace support
- Career support
- General phone advice and referrals; including those from family members
- Advice and support to managers and human resources
- Confidential email enquiries.

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