



Nursing and Midwifery Health Program **Victoria**

03 9415 7551
www.nmhp.org.au

Do you want to talk confidentially to someone about your alcohol, medication or drug use?

Are there some issues related to your mental health you would like some support with?

- Are you running on empty?
- Do you feel overwhelmed by the simplest of things?
- Have you noticed a colleague who's lost their spark and zest for work and/or life?
- Do you feel self-conscious, shame or paranoid about your alcohol or drug use?
- Do you want to take control of your health?

NMHPV is a free, independent and discreet service for nurses, midwives and students of nursing and midwifery with concerns relating to mental health or substance use.

We are available to assist you from 8.30am to 5.00pm Monday to Friday.

Call us on 03 9415 7551 – we are happy to provide information without requiring you to provide your personal details.

We are at Level 8, Aikenhead Building, 27 Victoria Parade, **Fitzroy** 3065 and at rural locations in **Ballarat, Bendigo, Geelong** and **Traralgon**.

Visit our website at www.nmhp.org.au

