



Self Referred Nurses – Mental Health Brief Intervention and Support

Purpose

- Provide a discreet supportive brief intervention for nurses and midwives seeking assistance and advice regarding their psychological health. This intervention includes assessment; individual support sessions (up to 6) and referral to appropriate community based mental health services and / or other support resources.
- Maximise opportunity for full return to health for the nurse.

Process

Appointments are made via the office at NMHP.

During the first appointment at the NMHP the nurse is provided with information about the program. A brief mental health screening is completed at this appointment and the NMHP will make observations and recommendations. At this stage the nurse/midwife may engage further with the program or decide to accept the information and referral and self manage their own health.

If the nurse chooses to become a participant of the NMHP, they are asked to complete and sign a: *Consent to Participate Agreement* and: *Release of Information consent form*.

These documents describe the responsibilities of the participant and the NMHP and ensure clarity is established and maintained. They outline circumstances where information can be exchanged or given to other services and require a signed agreement on the part of the participant. The nurse may request that the NMHP make a short written report to their employer regarding their attendance at the NMHP however we are unable to provide formal assessment information, the nurse will be referred to a specialist service if they require such review and documentation.

At further sessions a care plan is developed, referrals made and the nurse is given the opportunity to receive support and advice regarding their issues.

The nurse will also be given the opportunity to attend the Wellness Group to receive peer support while they address their personal concerns.