

Nursing and Midwifery Health Program Victoria

The Nursing and Midwifery Health Program Victoria (NMHPV) respects and values our participant's sensitive health issues and understands the importance of providing a timely, accessible and non-judgemental service. Our vision is for healthy and safe nursing and midwifery professions.

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.



Nursing and Midwifery
Health Program Victoria

A purple ribbon banner with white text that reads 'NMHP CHAMPION PROGRAM'. The banner is positioned above a photograph of several hands stacked together in a supportive gesture.



Nurses, Caring for
nurses and midwives

Register your interest online at:
www.nmhp.org.au/champion

03 9415 7551
www.nmhp.org.au



The role of a NMHP Champion

- To raise awareness of the NMHPV and highlight positive health information amongst their nursing/midwifery colleagues.
- To assist their nursing/midwifery colleagues to understand how and when the NMHPV can be of assistance.
- To present NMHPV information to colleagues via local presentations and NMHPV printed material.
- To inform colleagues of the referral pathways to the NMHPV.
- To highlight the experiences that nurses and midwives confront in the role and to help challenge the stigma attached to seeking help.
- To distribute NMHPV 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 NMHPV will be very happy to discuss the options and share ideas of how current Champions use their time.

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.

Champion support

- Access to NMHPv 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 NMHPv materials available at call.