



Nursing and Midwifery  
Health Program **Victoria**



Nurses, Caring for  
nurses and midwives

03 9415 7551  
[www.nmhp.org.au](http://www.nmhp.org.au)



## Our vision

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

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.

## 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.

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.



## Our service

- ✔ Is designed and delivered by nurses for nurses, midwives and nursing/midwifery students.
- ✔ Provides free, confidential and independent support for health issues related to substance use, mental health impairment and/or family violence concerns.
- ✔ Supports employers with expert guidance and advice.
- ✔ Facilitates the Peer Wellness Group, a safe place for participants to share, receive support and seek professional advice.
- ✔ Is state-wide and based in Melbourne with a presence in Ballarat, Bendigo, Geelong and Traralgon.
- ✔ Is a Quality Improvement Council (QIC) accredited organisation.

## Referrals to our service

A formal referral is not required. Simply phone 03 9415 7551 or go to the website page: [www.nmhp.org.au/referral](http://www.nmhp.org.au/referral)

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## Head office

110 Church Street  
Richmond, Victoria 3121  
Phone: 03 9415 7551  
Email: [admin@nmhp.org.au](mailto:admin@nmhp.org.au)  
Web: [www.nmhp.org.au](http://www.nmhp.org.au)

## Office hours

Monday to Friday  
8.30am to 5.00pm

## Rural support

Monthly visits to:

- ✓ Ballarat
- ✓ Bendigo
- ✓ Geelong
- ✓ Traralgon

Call 03 9415 7551  
for rural location  
appointments.



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