






Would you like to speak safely and confidentially about your alcohol, medication or drug use?

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

Is family violence a concern?

-  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?

The Nursing and Midwifery Health Program Victoria is a free, independent and confidential service for nurses, midwives and students of nursing and midwifery with concerns relating to mental health, substance use or family violence concerns.

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

**CALL US ON 03 9415 7551.** We are pleased to provide information without requiring you to provide your personal details.

We are located at 110 Church Street, Richmond, Victoria 3121 and in Ballarat, Bendigo, Geelong and Traralgon.

Visit our website at [www.nmhp.org.au](http://www.nmhp.org.au)

