Nursing and Midwifery Health Program Victoria

**03 9415 7551**
www.nmhp.org.au

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?

**Nursing and Midwifery Health Program Victoria** is a **free**, **independent** and **confidential** service for Victorian **nurses**, **midwives** and **students of nursing and midwifery** with issues 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 or EMAIL: admin@nmhp.org.au**. We are happy to provide information without requiring you to provide your personal details.

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

**Visit our website at www.nmhp.org.au**

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