

NMHPV assistance is free,
confidential and independent
and is provided by experienced
nurses and midwives.


How can the NMHPV help nurses, midwives and nursing students?



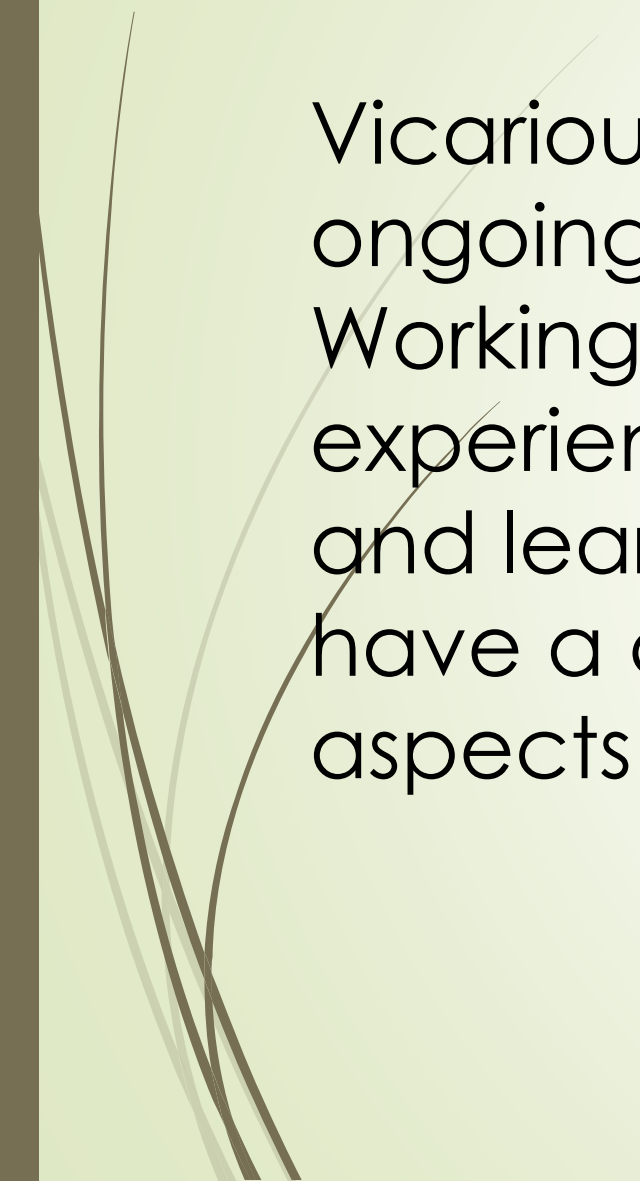
Mental Health

Each year the NMHPV supports many nurses, midwives and students with their presenting mental health concerns.





Vicarious trauma is a normal response to the ongoing exposure to other people's trauma. Working to support people who have experienced trauma, and hearing, seeing and learning about their experiences, can have a cumulative effect on you and many aspects of your personal life.



Substance Use

Research has shown nurses, midwives and students are likely to be at a greater risk of developing substance use concerns.



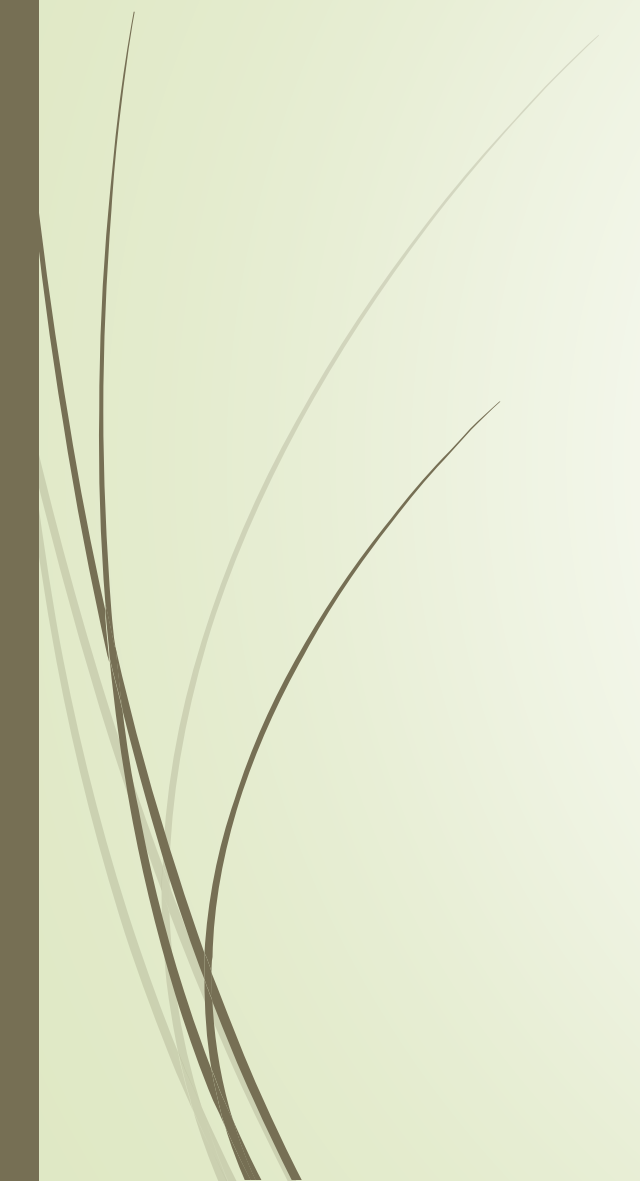


Family Violence

As a service focused on health and wellbeing, NMHPV are in a unique position to identify nurses who may be at risk of family violence.



What if you just need someone to listen?



Each year the Nursing and Midwifery Health Program Victoria (NMHPV) supports nurses, midwives and students who present with general problems, worries and concerns associated with a work or life event that wouldn't necessarily be considered a mental health concern. Common presentations are linked with interpersonal conflict, navigating occupational or disciplinary processes and managing other general challenges.



Oh...what about COVID-19?

Many nurses and midwives have contacted the service to report they are feeling unsettled and 'just not right'. They associate these concerns with COVID-19.

- | Anxious and uncertain

- | Tired and exhausted

- | Guilty for not being at work

- | Isolated due to social distancing and lockdown

- | Worried about going home after work and infecting others

- | Concerned that there is not enough support available



How do I get help?

If you would like to talk to a nurse or midwife about your health and wellbeing concerns contact us now.

| You do not require a formal referral.

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

| 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.
Contact Us Now

Phone: 03 9415 7551

Email: admin@nmhp.org.au



Watch this space...

It has recently been announced that ANMF's Federal Office is working with stakeholders to implement this successful program on a national level.

When this is up and running, more RNs, ENs, nurse practitioners and midwives will be employed to offer independent advice, support & information, treatment and specialist referrals for nurses and midwives across Australia

Thank you.

