



**Nurse Midwife
Health Program
Australia**

Peer support counselling

Free, confidential and independent

Compassionate and non-judgemental support
for your health and wellbeing needs, including:

- Preventing burnout
- Workplace challenges
- Managing stress (work or home)
- Balancing work and life
- Mental health challenges
- Emotional wellbeing
- Substance use

1800 001 060
nursemidwifehpa.org.au



Scan to learn more about
Nurse Midwife Health
Program Australia

**A pathway to a
healthier you**