



Nurse Midwife
Health Program
Australia

Peer support counselling

**Free, confidential
and independent**



Scan to learn more about
Nurse Midwife Health
Program Australia

1800 001 060

nursemidwifehpa.org.au

A pathway to a
healthier you



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Health Program
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Delivered by experienced nurses and midwives – for nurses, midwives and students of the professions

**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

You can expect:

- Face-to-face, telephone or telehealth appointments
- To speak to an experienced nurse or midwife
- A safe, non-judgemental environment
- Confidential and independent support
- Continuity of care
- Free sessions (Commonwealth Government funded)

Contact us to discuss your options

1800 001 060

info@nursemidwifehpa.org.au