



Nurse Midwife  
Health Program  
Australia

# Peer support counselling

## Free, confidential and independent

Compassionate, non-judgmental  
support to help you navigate a range of  
sensitive health challenges.

- Mental health
- Emotional wellbeing
- Managing stress
- Preventing burnout
- Balancing work and life
- Behaviour change
- Substance use
- Dependency challenges
- Recovering from illness
- Family and relationship concerns

**1800 001 060**  
[nursemidwifehpa.org.au](http://nursemidwifehpa.org.au)



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Nurse Midwife Health  
Program Australia

A pathway to a  
healthier you