



**Nurse Midwife
Health Program
Australia**

Peer support counselling



Scan to learn more about
Nurse Midwife Health
Program Australia

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

**A pathway to a
healthier you**