



Nurse Midwife  
Health Program  
Australia

# Peer-led support and counselling



Click above to learn more  
about Nurse Midwife Health  
Program Australia

Free, confidential  
and independent

**1800 001 060**  
nursemidwifehpa.org.au

A pathway to a  
healthier you



**Nurse Midwife  
Health Program  
Australia**

**1800 001 060**

[nursemidwifehpa.org.au](http://nursemidwifehpa.org.au)

# Delivered by experienced nurses and midwives - for nurses, midwives and our students

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

- Drug, alcohol and gambling
- Stress and burnout
- Mental health concerns
- Occupational violence
- Chronic injury and illness
- Domestic and family violence

## **You can expect:**

- Safe, confidential, free service
- Continuous culturally appropriate care
- Unlimited sessions
- Listening from experience
- Goal setting and check-ins
- Co-designing of your path to better health

**Contact us to discuss your options**

**1800 001 060**

[info@nursemidwifehpa.org.au](mailto:info@nursemidwifehpa.org.au)