



**Nurse Midwife
Health Program
Australia**

Peer-led support and counselling



Scan 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**



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Health Program
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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