



**Nurse & Midwife
Support**



**A service provided by
nurses and midwives,
for nurses and midwives.**

Nurse & Midwife Support offers free and confidential health and wellbeing support 24/7 to nurses, midwives, graduates and students across Australia.

1800 667 877

www.nmsupport.org.au

    **@NMSupportAU**



Support for nurses, midwives and students is only a phone call or a click away, no matter where you are in Australia.

A team of experienced nurses and midwives offer free, accessible and compassionate assistance for fellow nurses, midwives, graduates and students. Support is also available to their educators, managers and concerned family members.

We provide:

- Judgement-free telephone consultations
- Online resources

Additional support:

- Notification Navigator — talk to someone who can help you if you've received a notification
- Mentorship programs — connect with someone who can help you through your graduate year
- Wellbeing portal — access a range of resources and create a wellness plan to support your wellbeing



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