

May 1, 2017

Nurses and midwives reminded their health matters

International Day of the Midwife (May 5) and International Nurses Day (May 12)

As nurses and midwives are acknowledged across the country, experts are reminding them that their health and wellbeing is just as important as the health of their patients.

Turning Point, a leading addiction, research and education organisation recently launched Nurse & Midwife Support, a national dedicated telephone and online service that provides 24/7 access to an experienced team who can provide advice and referral to nurses and midwives about their own health and wellbeing.

Program Director Anthony Denham said that International Day of the Midwife and International Nurses Day are both great opportunities to celebrate achievements, as well as recognise how challenging the job can be.

“Nurses and midwives are close to the hearts of many people. They are there for many of life’s most emotional and challenging moments. But while they are often providing strength and support for others, we need to ensure they take time out to reflect on their own health needs,” Nurse & Midwife Support Stakeholder Engagement Officer, Mark Aitken said..

Since the launch of Nurse & Midwife Support in March 2017, nurses and midwives from a range of backgrounds, locations and areas of the profession have contacted the confidential service to seek advice for a range of concerns.

Types of contact have included:

- Long serving nurses and midwives curious about the service, and excited to hear that a support of this kind is available
- Nurses and midwives seeking support after experiencing stressful events at work
- Managers of services that want to know more about Nurse & Midwife Support, and request information packs so they can promote the service within their workplace
- Students concerned about their performance on a placement and what this means for their future nursing or midwifery career
- Nurses and midwives seeking support due to bullying in the workplace
- Nurses and midwives who were recommencing their careers after a period of recovery, contacting our counsellors to reflect on how they are feeling and seek some support
- Management from regional health services wishing to utilise the service for staff who are currently experiencing difficulty in accessing health support.

“A lot of the people we are talking to are really happy that when they call, they get to speak to a nurse or midwife. This is very important because they know that we understand how they are feeling and the pressures of the profession,” Mr Aitken said.

“Whether you have an ongoing health issue or have had a tough day and need to find a way to debrief we are here for you – so if you need support, give us a call or send us an email today.”

The service is available across Australia and is open to nurses, midwives, students, employers, educators, concerned friends or relatives and the public.

To access Nurse & Midwife Support or for further information, call **1800 667 877** or visit www.nmsupport.org.au

Media contact: Ashlea O’Hea, Communications Adviser, (03) 9895 4879 or 0439 371 084

Or email Ashlea.ohea@easternhealth.org.au