

Nurse and Midwife Support

A Help Seeking Mindset is a Healthy Growth Leadership Mindset. Perioperative nurses are continually under stress as they care for patients in acute stress and crisis. It is imperative that we as perioperative nurses develop skillsets that promote our own self care and well being so we can deliver optimum care.

NSW OTA is proud to support and promote a national service that was started in 2017 specifically designed to assist, support and care for nurses and midwives. Why? Simply because “Your health matters”.

Support for nurses and midwives is only a phone call or a click away, 24/7, no matter where you are in Australia.

Nurse & Midwife Support is a national support service for nurses and midwives providing access to confidential advice and referral. They understand that nurses and midwives and students can have health issues that could affect their capacity to work. When you need support, they offer **free** confidential advice, assistance and referral. This service assists, supports and cares for nurses and midwives.

If you would like to chat to someone you can call the confidential support line at any time on 1800 667 877.

For more information visit the Nurse & Midwife Support website at www.nmsupport.org.au .