

Support is available for nurses, midwives and students living and working in drought affected communities.

Nurse & Midwife Support (NM Support) is the national, free and anonymous support service for Australian nurses, midwives and students. We are available 24/7 to provide brief intervention counselling and referral pathways. Reach out by phone: 1800 667 877, or online: <http://www.nmsupport.org.au>.

The health of nurses, midwives and students working and living in drought-affected areas of Australia is a key priority for NM Support. Every day, nurses and midwives care for the people living in their communities, and when their communities experience extreme stress, so do they. If your community is going through a hard time, our team is here to help you maintain your own health and well-being. We'll care for you, so you can care for them.

As Stakeholder Engagement Manager for NM Support, I have been privileged to meet nurses, midwives and students from drought-affected communities across Australia. They practice in a variety of settings, but express common concerns. Unfortunately, it's not uncommon for people in our profession to experience increasing stressors as they care for their communities: prolonged stress, excessive work-related pressures, compassion fatigue, burnout, vicarious trauma, physical conditions, depression and anxiety.

I encourage any nurse, midwife or student who requires support to call us today. Put the number in your phone so that it is accessible when you need it. Wherever you work in Australia you are not alone: help is available. We provide brief intervention counselling and referral pathways. Our interactive website has useful resources.

You can call us about anything. Perhaps you're not entirely sure what you need to call us about, but have a feeling you would benefit from some support. We will assist you to unravel the problem and gain some clarity about your next steps.

NM Support is staffed by nurses and midwives trained in counselling. They are passionate about supporting you and understand the profession. You can tell them as much or as little of your story as you would like.

If you're not quite ready to talk, our website provides tips and resources to support your physical and mental wellbeing: www.nmsupport.org.au

We would also love to send you some promotional items, free of charge, so you can help spread the word about our service within your workplace. Please email orders@nmsupport.org.au.

To access NM Support, call 1800 667 877
You can follow us on [Facebook](#) and [Twitter](#).

Look after yourself and each other – your health matters!

Mark Aitken RN

Stakeholder Engagement Manager