



Help us understand & improve mental health for NSW Nurses & midwives

Mental health and wellbeing among nurses and midwives is a major public health issue, intensified by COVID-19. A healthy, supported workforce is vital to delivering quality care, yet there's still a gap in mental health services tailored to your needs.

Black Dog Institute is embarking on a project to better understand these challenges and develop practical, evidence-based supports for nurses and midwives.

We're starting with a NSW-wide survey – and we need your input. By taking part, you can help shape better support for your profession.

Share your voice

You are eligible to participate if you are:

- aged 18 or above
- currently employed as a nurse or midwife in NSW
- Can read and speak English



BETTER MENTAL HEALTH



Why is this research important?

By taking part in this survey, you'll help us:

- Understand the true prevalence and drivers of mental health challenges in your profession
- Identify the supports that nurses and midwives actually need
- Develop practical, effective mental health interventions tailored to your workplace reality

Share your experience. Help us strengthen support for every nurse and midwife in NSW.



Your privacy is protected

We understand your privacy and confidentiality are extremely important. Your survey results are confidential and will not be shared with your employer or with anyone else.

Scan the QR code to learn more and participate.



Contact us at
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