



Did you know?



In any given year, 1 in 5 Canadians experiences a mental illness or addiction problem.



By the time Canadians reach 40 years of age, 1 in 2 have or have had a mental illness.



People with substance use problems are up to 3 times more likely to have a mental illness.

*Mental illness and addiction: Facts and Statistics, Centre for Addiction and Mental Health



All inquiries are confidential

Your privacy is important. You can make an anonymous inquiry to see if the Nurses' Health Program is right for you.

Have questions or want to learn more? Contact us today.

 Toll-free in Canada: **1-833-888-7135**

 Weekdays: **7am – 7pm EST**

 Email: **info@nurseshealth.ca**

 **www.nurseshealth.ca**

Messages left after hours will be returned the next business day.

Nurses' Health Program



Struggling with substance use and/or mental health disorders?

You are not alone.



What is the Nurses' Health Program?

The Nurses' Health Program is a voluntary program for Ontario nurses. It is designed to encourage nurses to seek treatment for substance use and/or mental health disorders that may affect their ability to practice nursing safely. In support of safe practice, the Nurses' Health Program provides monitoring of nurses' recovery.

How can the Nurses' Health Program help me?

The Nurses' Health Program offers support to nurses with substance use and/or mental health disorders. You can benefit from access to specialized programs that recognize your unique needs as a health care professional.



How does the program work?

The Nurses' Health Program monitors nurses' recovery so that they may be supported to practice safely or return to practice, which promotes professional accountability and protects the public.

If you enter the program, you will benefit from access to a case coordinator, professional advice and referral to treatment providers who specialize in mental health and addictions. Comprehensive assessment and treatment coordination services are provided in a timely manner. Services are available in both English and French.

The Nurses' Health Program was developed by the College of Nurses of Ontario (CNO), the Ontario Nurses' Association (ONA), the Registered Nurses' Association of Ontario (RNAO) and the Registered Practical Nurses Association of Ontario (WeRPN). The program is administered by Lifemark Health Group.

At the Nurses' Health Program, we believe that, with the right support, a nurse can return to safe nursing practice, which benefits both the nurse and the public.



Contact the Nurses' Health Program today.

