



First Year Student Nurses and Midwives

EXPRESSIONS OF INTEREST

CONTACT:

Steve Pitman

Head of Education &
INMO Professional
Development

steve.pitman@inmo.ie

Neal Donohue

Student Officer, INMO

neal.donohue@inmo.ie

FREE ENTRY

MINDING YOUR MENTAL HEALTH FOR STUDENT NURSES AND MIDWIVES

Stress is an intrinsic element of nursing education (Smith & Yang 2017). Student nurses and midwives experience significant stress associated with their academic programme, clinical experience (Suresh, Matthews & Coyne, 2013) and their personal life. Labrague et al, (2018) argue that '... due to the complexity of the clinical environment, students experience massive stress that could impede their learning process and impact their health'.

The INMO in partnership with Jigsaw will be running a pilot self-care mental health programme for first year student nurses and midwives in the Dublin area.

The programme will include **three evening sessions** run on the

Dates: **Thursday, 28th March, Thursday, 4th April 2019 and Thursday, 11th April 2019**

Times: **5.30pm to 8.00pm**

Venue: **INMO, The Whitworth Building, North Brunswick, Dublin 7**

If you are interested in participating or would like more information on the programme, please get in touch.