



## More information

Our website has the latest information about our services, our events calendar and news. Visit [merrihealth.org.au](http://merrihealth.org.au)

### Quick Contacts

**All services and NDIS**  
1300 63774 4 (MERRI H)

**Carer support**  
03 9495 2500

**Victims Assistance Program**  
1300 362 739

**My Aged care\***  
1800 200 422

**Feedback**  
03 9389 2234

We have many sites across Victoria. Visit our website [merrihealth.org.au](http://merrihealth.org.au) for all sites details and contact numbers.

\*My Aged Care is the first point of contact for aged care services.

## Contact

**Merri Health**  
Registered Office:  
11 Glenlyon Road Brunswick VIC 3056

Published February, 2019. Supported by the Australian Government Department of Social Services. Supported by the State Government.



# MerriHealth Child and family Services



**Child and family**  
Part of your Merri Health network

By working in partnership,  
our services promote happy,  
healthy children and strong  
families.



## Developmental delay and disability

### MerriKids

MerriKids support children aged 0-8 years that have a developmental delay and/or disability, and their families. This is known as early childhood intervention services and is National Disability Insurance Scheme approved.

We support your child to learn, develop and reach their full potential. We'll work with your family when and where it suits you, including at home, at childcare, in kindergarten or school and in other community settings. Our team includes early childhood teachers, speech pathologists, occupational therapists and a physiotherapist.

### Children's health

#### Audiology

Our audiology service provides hearing assessments for infants and young people up to 18 years.

#### Exercise physiology

Individual exercise assessments for children with a variety of conditions including autism, cerebral palsy, muscular dystrophy and weight management. Exercise physiologists can help with physical activity advice to help your child lead a healthier lifestyle. We can provide land-based, water-based, group, gym or home-based exercise programs.

#### Occupational therapy

Provides support for children having problems with coordinating their arms and legs, who need help with daily living skills such as toileting, dressing, bathing, learning and interacting with others or coping with sensory input.

#### Child psychology

This service provides support for children with unusual/challenging behaviours including difficulties with social skills and learning. Our psychologist also offers parenting support and advice.



#### Speech pathology

Assessment and therapy for children and infants who are late at starting to speak, are unclear in their speech, have trouble with paying attention, understanding words, are stuttering or have voice difficulties. This service can help children develop social skills and confidence, as well as improve listening and concentration.

#### Little feet and legs clinic

Help for children aged 0-8 years that are having foot or leg problems, affecting the way they walk. Children will receive support from a physiotherapist and podiatrist.

### Family services

Our family services team provide outreach support for children, young people and their families. By focusing on the family's goals our aim is to support you to provide a caring and safe environment for your children.



**Merri Health**

Healthcare that moves with you

**Merri Health creates healthy, connected communities through local health services for people at every age and stage of life.**

We know that at different times, your health needs change. That's why we support you throughout life, with services spanning from children's health to aged care.



## NDIS made easy

Merri Health provides many services under the National Disability Insurance Scheme (NDIS) as it rolls out across Victoria. This includes:

### Allied health

Support from an occupational therapist, speech pathologist and dietitian for people with all types of disabilities. We offer face-to-face appointments and assessments in your home or at a location that suits you, home modifications, Assistive Technology, referrals to other services, easy to read reports for your NDIS planner or Local Area Coordinator, and functional assessments to build your capacity and independence.

### MerriKids

MerriKids support children with a developmental delay and/or disabilities, and their families. Providing early childhood intervention, our team works in partnership with you to develop strategies to support the health and wellbeing of your child.

### Support coordination

A skilled and experienced worker will help you identify, coordinate and meet your needs. We will work in partnership with you to help you access the supports and services you want and need to live a fulfilling and happy life.

This could involve staying connected with your community, finding the right services for you and identifying your needs to ensure your personal goals are met. We will support you when you make decisions about your health to ensure the best outcomes for your personal situation.

### Mental health

The Healthy Mind Hub is a place to improve your mental health and get the most out of life. We'll partner with you on your recovery journey to help you work through mental health issues and reach your goals. We offer community group activities tailored to suit your needs, your strengths and your interests. We support you to build your confidence, make new friends and connections, grow your skills and boost your mental wellbeing.

### Would you like to know more?

Call or email our team to talk about your needs.  
1300 MERRI H – 1300 637 744

Healthcare  
that moves  
with you



## Educational programs

### Puberty and Human Relations

This program is called *Relate*. It is a fun, interactive group program for people with disabilities to learn about healthy relationships. We run group programs in schools and community settings. *Relate* is funded through the National Disability Insurance Scheme under *Improved Relationships*.

### School Focused Youth Service

This service works in partnership with schools and community organisations to support young people aged 10-18 years who are attending school, but are vulnerable or showing signs of disengagement from school. Together, we help them stay connected to education.

### School readiness

This service is called Home Interaction Program for Parents and Youngsters and is often referred to as HIPPY. It helps to prepare 4 year-old children and their family for their first year of school. The program runs for two years.

Families work with a home tutor to help their child learn new skills while teaching parents how to support the child through this journey. Families are provided with educational activity packs and story books.

## Counselling

### Generalist counselling

We provide short to medium-term counselling and support services to help you through any issues you are experiencing. This may include help with depression, anxiety, relationships, loss and grief. Our service is confidential and respectful of your needs, circumstances and culture. We also provide specialist counselling and peer work support for people who are going through or have gone through family violence.

We run group sessions based on community needs. This service is available from our Brunswick, Coburg, Fawkner and Glenroy sites. We also provide interpreters as needed.

### Family violence counselling

This specialist service provides counselling, support and peer support for women and children who have gone through or are going through family violence. We help you to recover from family violence, support your safety, help you to not feel alone and connect you to your community.

### Drop-in community service

Our drop-in service is known as DUTY and provides one off help to address your needs. It is provided from 93 Bell Street Coburg, from 1pm to 3pm, Monday to Friday. Our workers are professionally trained and it is a confidential service. As this is a drop-in service, an appointment is not needed, however a maximum of four people can be seen per day. We also provide telephone interpreters if needed.

### Alcohol and drugs

This service helps individuals and families that are experiencing the effects of alcohol and drug abuse.

If you or someone in your family is affected by alcohol or drug use, you may feel isolated, anxious and stressed. We can provide counselling to help you cope with this and help you to respond to other family members.

## Carer support

Our carer support service is called CarerLinks, and helps carers of all ages with support, respite and advocacy. We provide help for young carers, aged carers, older families, disability carer support and mental health carer support.

Respite is a short period of rest or break. It is important for a carer to take a break from their role as a carer and daily challenges. Respite provides carers some time to focus on their wellbeing.

## Victims Assistance Program

This program provides help for people who have experienced violence. We can help you cope with the effects of the crime by taking you through 'legal talk', finding support services and helping you feel safe again. We also help family members of victims of a violent act, dependents and partners of people who have died as a result of an act of violence.

## Health initiatives

### Preparing for school

Ready, Set, Prep is a free program that prepares Fawkner families for their child's first year at school. A Family Engagement Officer will help with education sessions and resources for parents and carers of pre-school aged children, to help get their child ready for their first year at primary school.

### Sport participation: refugee and newly arrived

Supporting young people from culturally and linguistically diverse communities to take part in sports, to improve their physical and mental health and social connections. This project is called Count Me In.

### Urdu-speaking women's group

Networking group for women living in and around Fawkner who understand Urdu. Make new friends and learn about local services and activities.

We have guest speakers each week and a chance to meet other Urdu-speaking women.

## Costs

There is a small fee for some of our services. Some of our services are free. To find out whether there is a fee for a service, visit our website [www.merrihealth.org.au](http://www.merrihealth.org.au) and search for 'fees' or call 1300 637 744.

**Merri Health is an inclusive service provider. We are committed to providing safe and high quality services that are inclusive and respect the needs, wants and aspirations of all people.**