



More information

Our website has the latest information about our services, our events calendar and news. Visit merrihealth.org.au

Quick contacts

All services and NDIS
1300 637 744 (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 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

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MerriHealth Health and wellness Services



**Health and
wellness**

Part of your Merri Health network

We help people take control of their health and boost their overall wellbeing through services including nursing, exercise programs and education.



Health services

Dietetics

This service can provide healthy eating and nutritional advice for people with a diet-related health problem. Information will be given on food choices to help form better eating habits. You can access this service for help with issues such as being over and underweight, chronic disease, high cholesterol, cancer, allergy and other problems.

Exercise physiology

This service supports you to stay active. We can help with an exercise assessment and provide recommendations tailored for you, health education and disease management. We can also help you learn how to exercise safely in settings such as local leisure centres and gyms.

Occupational therapy

Occupational therapists work with you to promote safety and independence in the everyday things you need to do like showering, dressing, cooking, cleaning and the everyday things you would like to do such as playing cards, gardening, craft, keeping in touch with family and friends. They will talk to you about what is important to you and what you want to achieve by working together.

Physiotherapy

Physiotherapy can help with movement and getting around, injuries and/or pain conditions. A physiotherapist can provide home-based exercise programs or may recommend water exercises, gentle gym classes and chair-based classes.

Podiatry

Podiatrists can help prevent and treat foot, ankle and lower leg problems. They can provide information on how to avoid problems and advise on foot care and footwear.



Care coordinators

A care coordinator helps clients that have been identified as having a chronic health condition and need help with managing their health needs. A chronic disease can be things like diabetes, respiratory or cardiac disease and arthritis. A care coordinator will help with lifestyle changes and will support you to manage your health on your own.



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. We support your child to learn, develop and reach their full potential, in partnership with you.

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 637 744 (MERRI H)
NDIS@merrihealth.org.au

Healthcare
that moves
with you



Keeping active

Exercise groups

Our short-term exercise groups help to improve or maintain your level of independence and promote healthy lifestyle choices. This includes group water exercises, gym groups, chair aerobics and many more.

Education groups

Our short-term education groups will help improve or maintain your level of independence and promote healthy lifestyle choices. This includes Living Well with Diabetes group and a falls prevention group.

Walking groups

The walking groups cater for all abilities and interests including pram walkers, fast walkers, slow walkers, over 50s and general interest. Participants are encouraged to walk at their own pace. Walking groups meet and walk in and around the Moreland area.

Healthy Eating Activity and Lifestyle Group

The Healthy Eating Activity and Lifestyle group known as HEAL™ is a lifestyle education program. It teaches and supports you to develop healthy eating and physical activity behaviours. The program runs for eight weeks and includes information about a healthy diet, general health and exercise tips and an exercise component.

Stop smoking

Our Stop Smoking service is a proven approach to helping you quit or cut back. Run by trained staff at our Coburg site, we aim to help you in a supportive and non-judgmental way. There is no group work, sessions are one on one and tailored to your needs.

Diabetes Nurse Educator

Learn to manage your health and live well with diabetes. Our educators tailor advice to fit your needs and circumstances and work with you individually to monitor

your diabetes, plan nutrition and activity, prevent or delay complications and provide education on managing medication. We also offer group education on managing diabetes through the Living Well with Diabetes course.

Asthma Education

Learn to manage yours or your child's asthma, how to use a puffer and tips for staying well. We can help with identifying triggers and how to manage them, and create an asthma action plan with you.

Costs

Our services are either free or require a small fee. To find out whether there is a fee for a service, visit our website www.merrihealth.org.au and search for 'fees' or call 1300 637 744.

Health initiatives

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.

Needle Syringe Program

The Needle Syringe Program provides clean needles, syringes, condoms and health advice for anyone in the community. It is provided at our Bell Street, Coburg and Glenlyon Road, Brunswick sites.

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