



More information

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

Quick contacts

All services
1300 637 744 (MERRI H)

Carer Gateway
1800 422 737

My Aged Care*
1800 200 422

Feedback
03 9389 2234

We have many sites across Victoria. Visit merrhealth.org.au for site details and contact numbers.

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

Contact

Merri Health
Registered Office:

Wurundjeri Woi Wurrung
11 Glenlyon Road Brunswick VIC 3056

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Mental health
Part of your Merri Health network

Our mental health support services help people experiencing mental health difficulties. We run programs that help with recovery and promote better health and wellbeing.



Counselling

Generalist counselling

We provide short to medium-term counselling and support services to help you through issues you are experiencing. This may include help with depression, anxiety, relationships, loss and grief and other concerns in life. Our service is confidential and respectful of your needs, circumstances and culture. We also run group sessions based on community needs.

This service is available in-person from our Brunswick, Coburg, Fawkner and Glenroy sites, as well as telehealth. We will provide interpreters as needed.

Drop-in community service

Our drop-in service, known as DUTY, is a social work service using a single session framework 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.

Family violence counselling

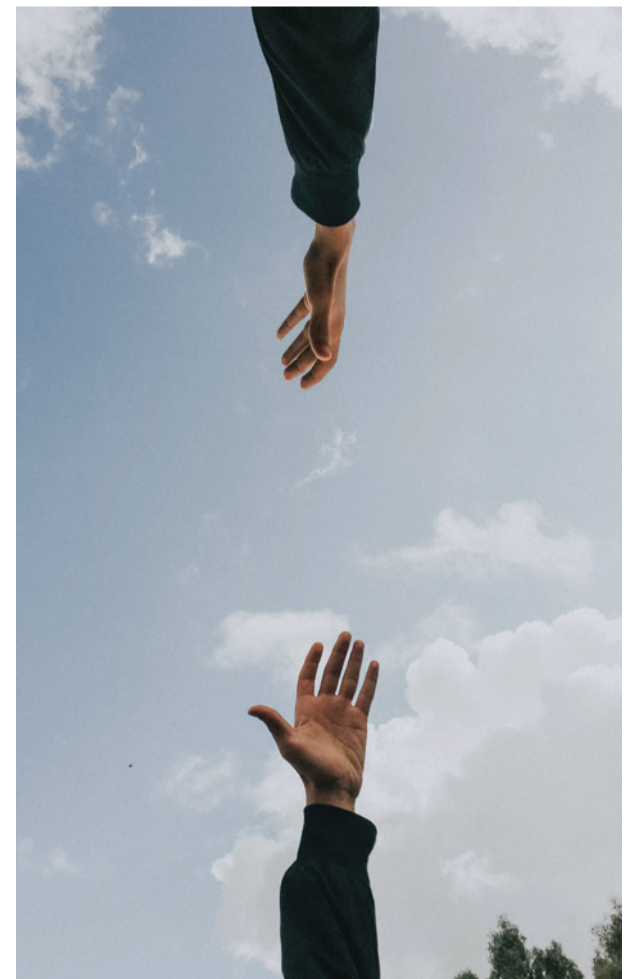
This is a specialist counselling service for women, and if needed with their children, who are experiencing and/ or have experienced family violence. We provide a safe space to talk about the impacts of trauma and help to make recovery from those impacts.

This service is available both in-person and telehealth. We will provide interpreters as needed.

Q Health

This is a free counselling and support service for people of LGBTIQ+ communities who would like to talk about the concerns or impacts of their alcohol and drug use in a confidential, non-judgmental and queer-affirmative space.

This service is available both in-person and telehealth. We will provide interpreters as needed.





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.

- ◀  Aged Care
- ◀  Carer Support
- ◀  Child and Family
- ◀  Chronic Conditions
- ◀  Dental
- ◀  Disability
- ◀  Health and Wellness
- ◀  Mental Health
- ◀  Young Adults



Carer Gateway

Do you care for a family member or friend with disability, mental illness, health or age issues?

Does it impact your wellbeing, ability to work, study or socialise?

Contact Carer Gateway for free support groups, respite, counselling, tailored support packages, coaching, information and more.

Phone **1800 422 737** Monday to Friday or visit www.carergateway.gov.au

Merri Health leads the delivery of Carer Gateway in Victoria.

Healthcare
that moves
with you



SRS Supports

This program is for vulnerable people living in pension-level Supported Residential Services (SRS) in the northern metropolitan region. We assist residents to look after their health and wellbeing, connect with local community, and find enjoyable and meaningful things to do.

Our team provides practical help to SRS residents such as:

- > Health – priority access to services such as the dentist or physiotherapist, health screening, or assistance with appointments
- > Services – My Aged Care and NDIS
- > Community Access – linking with activities, photo ID, Companion Card or subsidised transport cards
- > Employment – support to find the right kind of work for you
- > Supports to continue living at the SRS

Stepped Care for Older Adults

Stepped Care for Older Adults is a mental health support program for adults aged 65+ (50+ for people who identify as Aboriginal and/or Torres Strait Islander).

It is a free and confidential service that provides professional mental health support to older adults with mild to moderate mental illness or at risk of developing a mental illness due to social isolation, loneliness, or life stressors.

Costs

Our services are either free or require a small fee to provide ongoing support for you. 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.

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.

