



More information

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

Quick contacts

All services
1300 637 744 (MERRI H)

We have many sites across Victoria. Visit our website merrihealth.org.au for all site details and contact numbers.

Carer Gateway
1800 422 737

Victims Assistance Program
1300 362 739

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

My Aged Care*
1800 200 422

Feedback
03 9389 2234

Contact

Merri Health
Registered Office:

Wurundjeri Woi Wurrung
11 Glenlyon Road Brunswick VIC 3056

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MerriHealth Mental health Services



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. 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 from our Brunswick, Coburg, Fawkner and Glenroy sites. We also 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.

We also run a group every year for women experiencing family violence.

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.





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.

Carer Gateway

Carer Gateway is an Australian Government initiative that delivers improved and expanded services to carers across Australia.

In Victoria, these services are provided by a group of seven health and social support providers, led by Merri Health.

All carers can access Carer Gateway services.

www.carergateway.gov.au

Healthcare
that moves
with you



Supported accommodation

This program is for people living in some pension-level Supported Residential Services in the northern metropolitan region. We help residents look after their health and wellbeing, connect or re-connect with others and find enjoyable and meaningful things to do.

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.

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

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 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.

