



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)

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

Carer support
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:
11 Glenlyon Road Brunswick VIC 3056

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MerriHealth Mental health Services



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



Alcohol and drugs

One-on-one and group support for anyone aged 16-25, experiencing drug or alcohol use. We can also help with family and group support.

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

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 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.

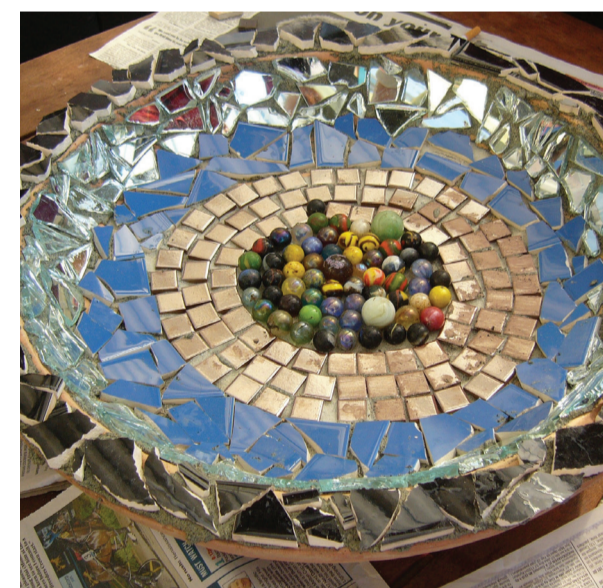
Drop-in community service

Our drop-in service 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.

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.



Community nursing

This service can help you with a health assessment, information, support and referral to another service. Some assessments are completed in the community, if needed.

Group activities

Group activities are provided at the Healthy Mind Hub. We support you 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.

There are lots of opportunities that can be suited to your interests, like social outings, creative arts groups, life skill development, health and fitness programs and personal development groups. Activities are held at our many sites across the region, offering a safe, welcoming and supportive community where people can come together. It's a chance to make new friends and connections, grow your skills, and support one another.



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 offers community group activities tailored to suit your needs, your strengths and your interests.

Would you like to know more?

Call or email our team to talk about your needs.



1300 MERRI H – 1300 637 744



NDIS@merrihealth.org.au

Healthcare
that moves
with you



Educational programs

School Focused Youth Service

This service works in partnership with schools and community organisations to support at-risk young people. It helps re-engage very early school leavers and support disconnected, vulnerable and homeless young people.

One-on-one support

One-on-one support for people aged 16 and over, experiencing mental health issues.

Known as the Personal Helpers and Mentors program, we work with you in your home and in the community to support you with things like living skills like cooking, budgeting or using public transport, building your confidence, improving your physical health and linking you with other services like housing, employment and fun activities.

Outreach support

The Outreach team provide one-on-one support to people in their home and community, to help improve their mental, physical and social wellbeing.

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.

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.