



Our services and support help put young adults on track for a healthy, connected and fulfilling life.



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)

Carer Gateway
1800 422 737

My Aged Care*
1800 200 422

Feedback
03 9389 2234

We have many sites across Victoria. Visit merrihealth.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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MerriHealth Young adult Services



Young adults
Part of your Merri Health network

Health services

Audiology

Our audiology service provides hearing assessments for young people up to 18 years of age, to help with:

- > Early detection of hearing loss
- > Hearing vs. listening

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. People can access this service for help with issues such as being over and underweight, chronic disease, high cholesterol, cancer, allergy and other issues.

Exercise physiology

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

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 any feet, ankle and lower leg problems. They can provide information on how to avoid problems and advice on foot care and footwear.





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



Counselling

Drop-in community service

Our drop-in service, known as DUTY, is a social work service. 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 will provide telephone interpreters as 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.

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.

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.



Young carers

We provide support to carers up to 25 years who are looking after someone with a disability, mental illness, or is frail aged. The person you support may be a parent, sibling, other relative or a friend.

We support you to manage your responsibilities as a carer, support you to thrive in school and connect you with other young carers in the community.

Be Well Live Well

Be Well Live Well is an 8 week group program suitable for people who have, or are at risk of, a chronic health condition who need support to change their lifestyle.

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.