



## More information

Our website has the latest information about our services, our events calendar and news. Visit [merrhealth.org.au](http://merrhealth.org.au)

### Quick contacts

**All services and NDIS**  
1300 637 744 (MERRI H)

**Carer support**  
1800 422 737

**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 [merrhealth.org.au](http://merrhealth.org.au) for all site 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 Young adult Services



**Young adults**  
Part of your Merri Health network

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



## 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.



## Carer support

Our carer support service is called CarerLinks, and helps carers of all ages with support, respite and advocacy. We provide help for young carers, aged carers, older families, disability carer support and mental health carer support.

Respite is a short period of rest or break. It is important for a carer to take a break from their role as a carer and daily challenges. Respite provides carers some time to focus on their wellbeing.



# 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@merrhealth.org.au

# Healthcare that moves with you



## Counselling

### Youth counselling

Our team provide short to medium-term counselling for young people aged 12 to 25 years to help you cope and respond to your concerns.

This may include difficulties with family and friends, school, relationships, mental health, sexuality, assault, family violence, anger management, body image issues, eating disorders or any other troubles you may be experiencing.

### 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 and 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.

## 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.

### 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.

### Queer youth theatre

Our queer youth theatre is known as YGLAM and is for same-sex attracted and gender diverse young people aged between 14 to 25 years. Rehearsals occur weekly. No experience is necessary, just enthusiasm and commitment!

### 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

Our services are either free or require a small fee. Some of our services are free. To find out whether there is a fee for a service, visit our website [www.merrhealth.org.au](http://www.merrhealth.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.**