

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)

Carer Gateway 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 merrihealth.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:

Wurundjeri Woi Wurrung

11 Glenlyon Road Brunswick VIC 3056

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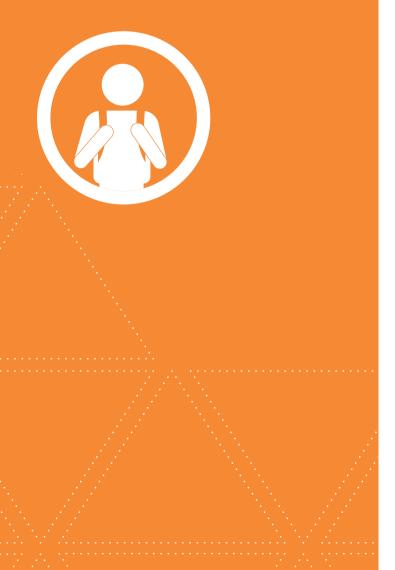


MerriHealth Young adult Services





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

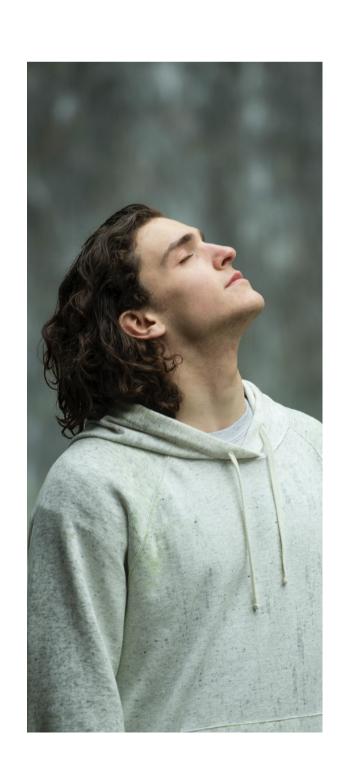
Individual exercise assessments for young people with a variety of conditions including autism, cerebral palsy, muscular dystrophy and weight management. Exercise physiologists can help with physical activity advice to help you lead a healthier lifestyle. We can provide landbased, water-based, group, 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 creates healthy, connected communities through local health services for people at every age and stage of life.

change. That's why we support you throughout life, with services spanning from children's health to aged care.

Carer Gateway

In Victoria, these services are provided by a group by Merri Health.

www.carergateway.gov.au



NDIS made easy

National Disability Insurance Scheme (NDIS) as it

Allied health

pathologist and dietitian for people with all types of your NDIS planner or Local Area Coordinator, and functional assessments to build your capacity and

MerriKids

Providing early childhood intervention, our team works in partnership with you to develop strategies

Mental health

group activities tailored to suit your needs. your strengths and your interests.

Would you like to know more?





Healthcare that moves with you



Counselling

Drop-in community service

Our drop-in service is known as DUTY and provides oneoff 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.

Group activities (ndis



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.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.

