



Contact

Merri Health
Registered Office:

Wurundjeri Woi Wurrung
11 Glenlyon Road Brunswick VIC 3056

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

Brunswick Community Medical Centre
1300 056 300

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.

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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

Dietetics

This service can provide you with healthy eating and nutritional advice for diet-related health problems and chronic health conditions. Information will be given on food choice to treat the diet-related issue.

Exercise physiology

This service supports you to stay active. We can help with an exercise assessment and provide recommendations tailored for you, health education and disease management. We can also help you learn how to exercise safely in settings such as local leisure centres and gyms.

Occupational therapy

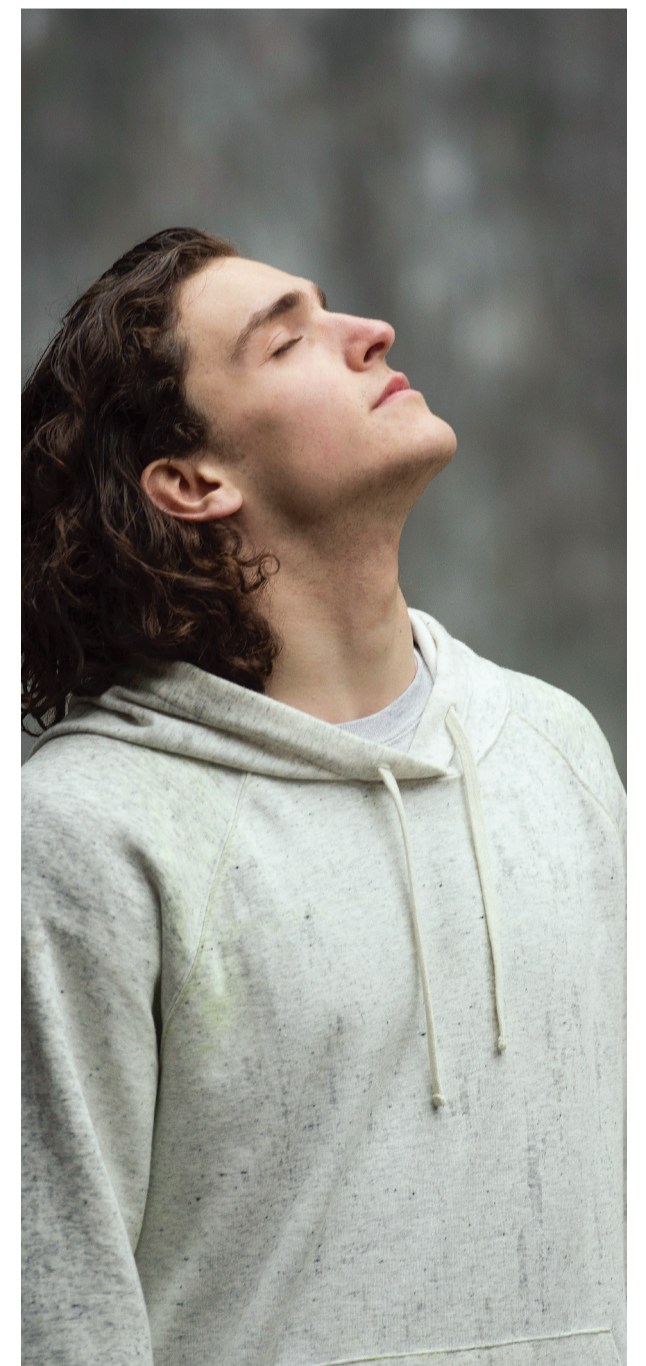
Occupational Therapists work with you to promote safety and independence in your everyday life activities, such as showering, cooking, getting out and about in the community. They will talk to you about what is important to you and what you want to achieve by working together.

Physiotherapy

Physiotherapists can help you improve your movement and ability to get around. A physiotherapist can assess injuries or painful conditions and can then work with you to help you improve these issues and achieve your goals. Therapy may be in individual sessions and / or group sessions.

Podiatry

Podiatrists can work with you to prevent and treat foot, ankle and lower leg problems. They can provide you with information on preventing issues as well as 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
- ◀  Medical
- ◀  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.

Support to manage persistent pain

The Chronic Pain Service helps you self-manage and recover from pain with evidence-based care from a range of health professionals.

Diabetes education

One-on-one support and group education to help you manage your diabetes and live well.

All-in-one diabetes clinic

If you have newly diagnosed type 2 diabetes our unique clinic offers the chance to see a Dietician, Diabetes Nurse Educator, and Exercise Physiologist in one appointment for better, specialised care.

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.

