



Community care. For life.

Whether you want help with your physical, mental, social, legal or financial health and wellbeing, Holstep Health is here for you every step of the way.

Everyone is welcome at Holstep Health. Our friendly team listens, cares, and works with you to make sure you get the support that's right for your needs.

With 100 years of combined experience, Banyule Community Health and Merri Health have joined forces to provide better care that puts you first – **because we're not for profit and all for you!**

“

Holstep Health helps me live very comfortably in my home. I get around and I don't want to change a thing.”

– Giovanni, Support at Home client

Holstep Health contacts:

(03) 9450 2000 Greensborough
West Heidelberg

1300 637 744
Brunswick
Brunswick West
Coburg
Fawkner
Glenroy
Preston
Vic Place

Carer Gateway
1800 422 737
Gambler's Help
1300 133 445
Social Security Rights Victoria
(03) 9481 0355
West Heidelberg Community Legal
(03) 9450 2002

holstephealth.org.au



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Published March 2026.
Supported by the Australian Government Department of Social Services. Supported by the State Government.



Services
for you

Services for you

Physical, mental, social, legal,
and financial health supports



Our services

Over 120 services to help you live well!



Alcohol and drug support

- Treatment and recovery planning
- Day rehabilitation and peer support program
- Needle syringe exchange program



Carer support

- Carer Gateway:
 - Coaching and counselling
 - Peer support groups
 - Financial and tailored support packages
 - Flexible and emergency respite
 - Online skills courses



Community legal

- Social Security Rights Victoria: help with Centrelink legal issues
- West Heidelberg Community Legal: general legal help



Child, youth and family

- Child psychology, speech therapy, occupational therapy, leg and feet clinics, and audiology
- Family counselling, community midwifery and parenting support
- School readiness, early years and youth programs



Dental

- General and children's dental care
- Smile Squad school programs



Doctors

- Brunswick Community Medical Centre
- West Heidelberg Medical Clinic



Financial and material support

- Financial counselling
- Urgent assistance
- Social work support



First Nations health

- Coordinated health and wellbeing programs
- Djilak-Djirri playgroup: early years support
- Carer support



Gambling support

- Gambler's Help: counselling, workshops and education sessions
- Peer Connection: phone support and recovery groups
- ReSPIN: lived experience speakers



LGBTIQ+ health

- QHealth: alcohol and drug counselling
- Rainbow Carers: peer support group



Local groups

- Buna Community Garden
- Banyule Men's Shed and more!



Mental health

- Counselling and drop-in service
- Support for Residential Services
- Building Bridges: connecting Somali Australian and Muslim communities with mental health services



Older people

- Support at Home
- Social groups
- Physiotherapy, community nursing, podiatry, occupational therapy, and speech therapy
- Memory loss and dementia programs
- Mental health support



Physical health

- Physiotherapy, dietetics, podiatry, occupational therapy, and speech therapy
- Exercise groups for strength, balance, walking, Tai Chi, water-based programs, and more
- Chronic Pain Service
- Cardiac and respiratory support
- Diabetes clinics and education
- Knee and hip osteoarthritis management
- Health and wellbeing talks



See services available in your local area at:

holstephealth.org.au

Scan the code for details

