# Are you a First Nations person with disability? Has someone ever hurt you, treated you badly or taken advantage of you?

If this has happened to you, you may want emotional support. Free, independent, culturally appropriate support is available for Aboriginal and Torres Strait Islander people with disability and their families.

**Emotional support**

If you want emotional support, you can contact the National Counselling and Referral Service to speak to a counsellor.

A counsellor can support you:

* around your feelings in a safe and confidential space
* to speak about a problem or issue
* to talk about how the Disability Royal Commission has affected you
* to find other practical supports available to you.

This support is also available for family members and support providers of people with disability, who have been impacted by violence, abuse, neglect or exploitation.

## How to get support

National Counselling and Referral Service: **1800 421 468**

Ask for an Indigenous-run counselling service near you or over the phone

Visit website for more info at [**dss.gov.au/disability-royal-commission-support**](http://dss.gov.au/disability-royal-commission-support)**.**

**If you are worried about your safety right now, call 000**.

***Support is here for you.***

## Accessibility

You can find out more about the emotional support available on our website in accessible formats such as Easy Read, Auslan and translated material at [dss.gov.au/disability-royal-commission-support](http://dss.gov.au/disability-royal-commission-support)

People who are deaf, hard of hearing and/or have a speech impairment can contact us through the National Relay Service on **133 677.**

Counsellors and advocates can arrange translations and interpreting for people who need help in another language.

## How to get support

Support is available for Aboriginal and Torres Strait Islander people across Australia by phone, online and in person. Support in some areas is provided by Indigenous-run organisations.

Contact the National Counselling and Referral Service on **1800 421 468** for counselling support, or ask to be connected to a counsellor near you.

Available 9am to 6pm weekdays; 9am to 5pm weekends and national public holidays.

You can also find details of all counselling services on our website at: [dss.gov.au/disability-royal-commission-support](http://dss.gov.au/disability-royal-commission-support)

***Support is here for you.***

First Peoples Disability Network Australia

Australian Government

Blue Knot - empowering recovery from complex trauma