



Are you a 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 and confidential support is available to help you.

Emotional support

A counsellor can support you in person or over the phone:

- around your feelings in a safe and confidential space
- 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, carers and support providers of people with disability, who have been impacted by violence, abuse, neglect or exploitation.

Contact the National Counselling and Referral Service: **1800 421 468** or **02 6146 1468**

For a full list of support services visit: **dss.gov.au/disability-royal-commission-support**

Support is here for you.



Australian Government

 **blueknot**
empowering recovery from complex trauma