#  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

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

* around your feelings in a safe and confidential environment
* to talk about how the Disability Royal Commission 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

Contact the National Counselling and Referral Service and ask about Indigenous-run counselling options near you or over the phone: **1800 421 468** or **02 6146 1468**

For a full list of support services visit:
[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 Foundation – empowering recovery from complex trauma