

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



*Support is here for you.*



First Peoples  
Disability Network  
Australia



Australian Government

**blueknot**  
empowering recovery from complex trauma



This booklet is for people with disability and their families. Some people with disability have been hurt, treated badly, or taken advantage of. This is wrong. If this has happened to you or your family, you may want support.

There are counselling services across Australia that you can turn to for free, independent and confidential support.

To find out what emotional support is available for you, you can contact the National Counselling and Referral Service on **1800 421 468** or visit

**[dss.gov.au/disability-royal-commission-support](https://dss.gov.au/disability-royal-commission-support)**

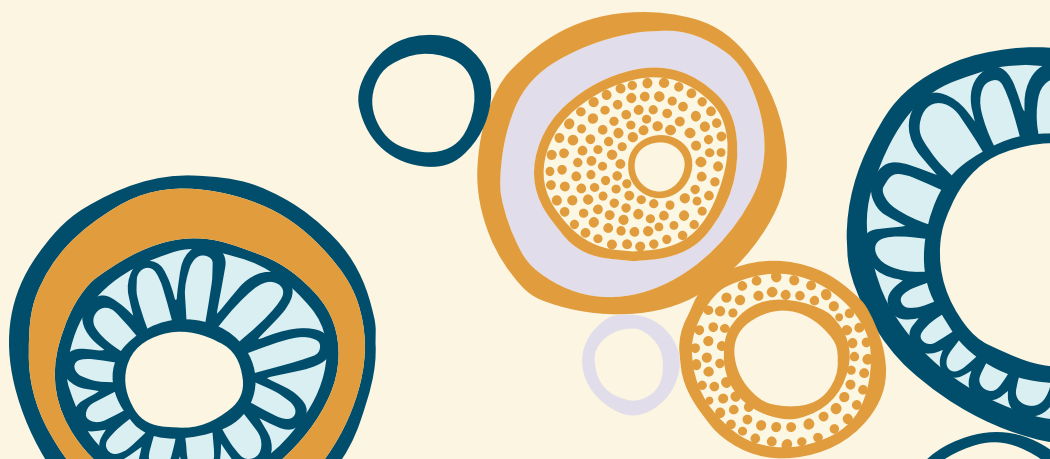
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## Artwork credit

Building support communities, binding together in strength and resilience. Artwork by Keisha Thomason.



# Counselling Support

## Kirra's Story

1 This is Kirra's story.  
Everyone's story is different.

2 Kirra is 23 years old and has cerebral palsy. Kirra uses a wheelchair.



3 A friend of the family hurt Kirra when she was younger.



4 Kirra now feels upset and anxious a lot of the time. She finds it hard to trust people.



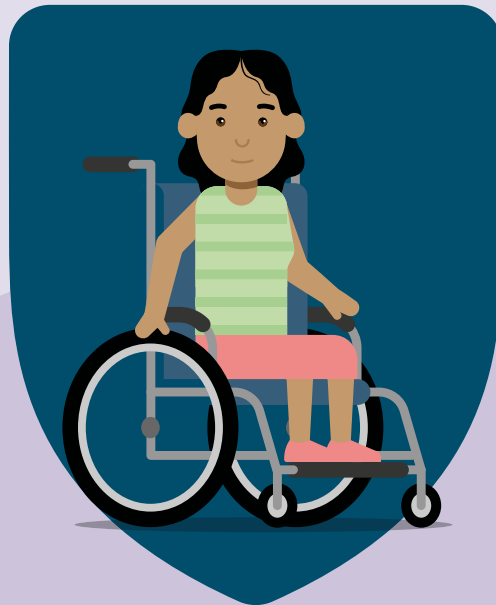
- 5 Kirra heard about the issues being explored by the Disability Royal Commission.



Disability  
Royal Commission



- 6 The Disability Royal Commission is an official inquiry looking at people with disability who have experienced violence, abuse, exploitation or neglect.



- 7 Kirra heard there was emotional support available for people like her dealing with these issues.



- 8 Kirra said that someone hurting her made her feel shame but she knew she needed emotional support.



9 This is Jane.  
Jane is a counsellor.

10 Kirra contacted Jane through the  
National Counselling and Referral Service.



11 Jane can talk to Kirra about what happened to her.



**12** She will listen to how Kirra is feeling and support her. Kirra feels safe talking to Jane.



**13** Kirra knows Jane will not tell anyone else because a conversation with a counsellor is private.



**14** Talking to Jane made Kirra feel more calm and helped her, and her family, to cope with the experience and impacts of the hurt she experienced.



15 How can a counsellor help you? A counsellor will listen to your story with no judgement, have a yarn, and support you.



16 Counselling is free and available for your family as well.

17 Counselling is available for people who have experienced or been affected by the issues being looked at by the Disability Royal Commission.



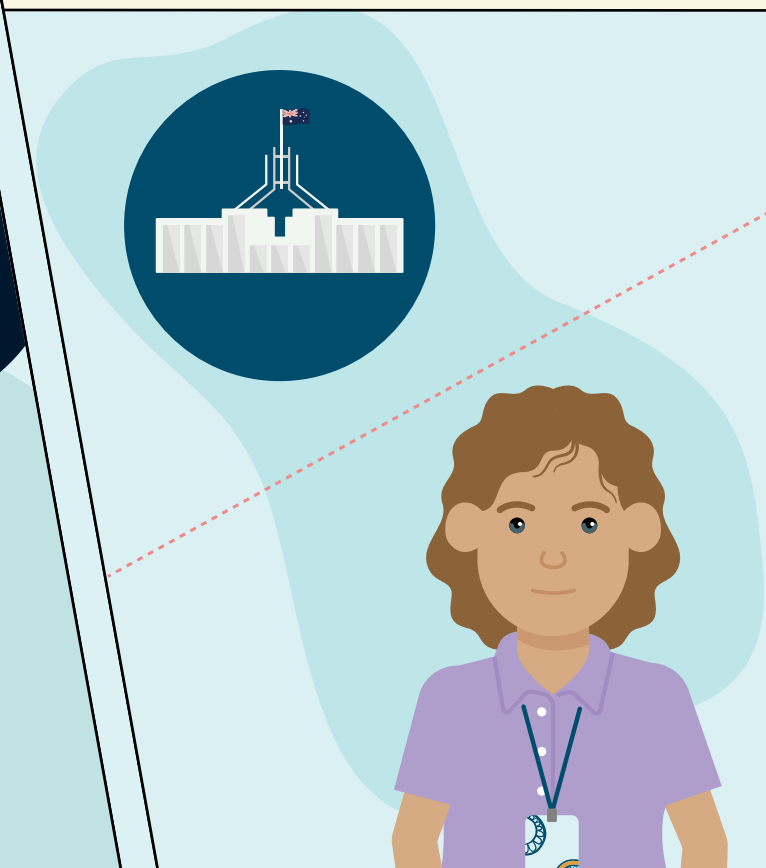
**Disability  
Royal Commission**



**18** It's also available if you just want to talk to someone about a time when you have been hurt, treated badly, or taken advantage of.



**19** Counsellors work for independent organisations and are not part of the Australian Government or Disability Royal Commission.



**20** They understand the needs of Aboriginal and Torres Strait Islander people and will help you to feel safe.



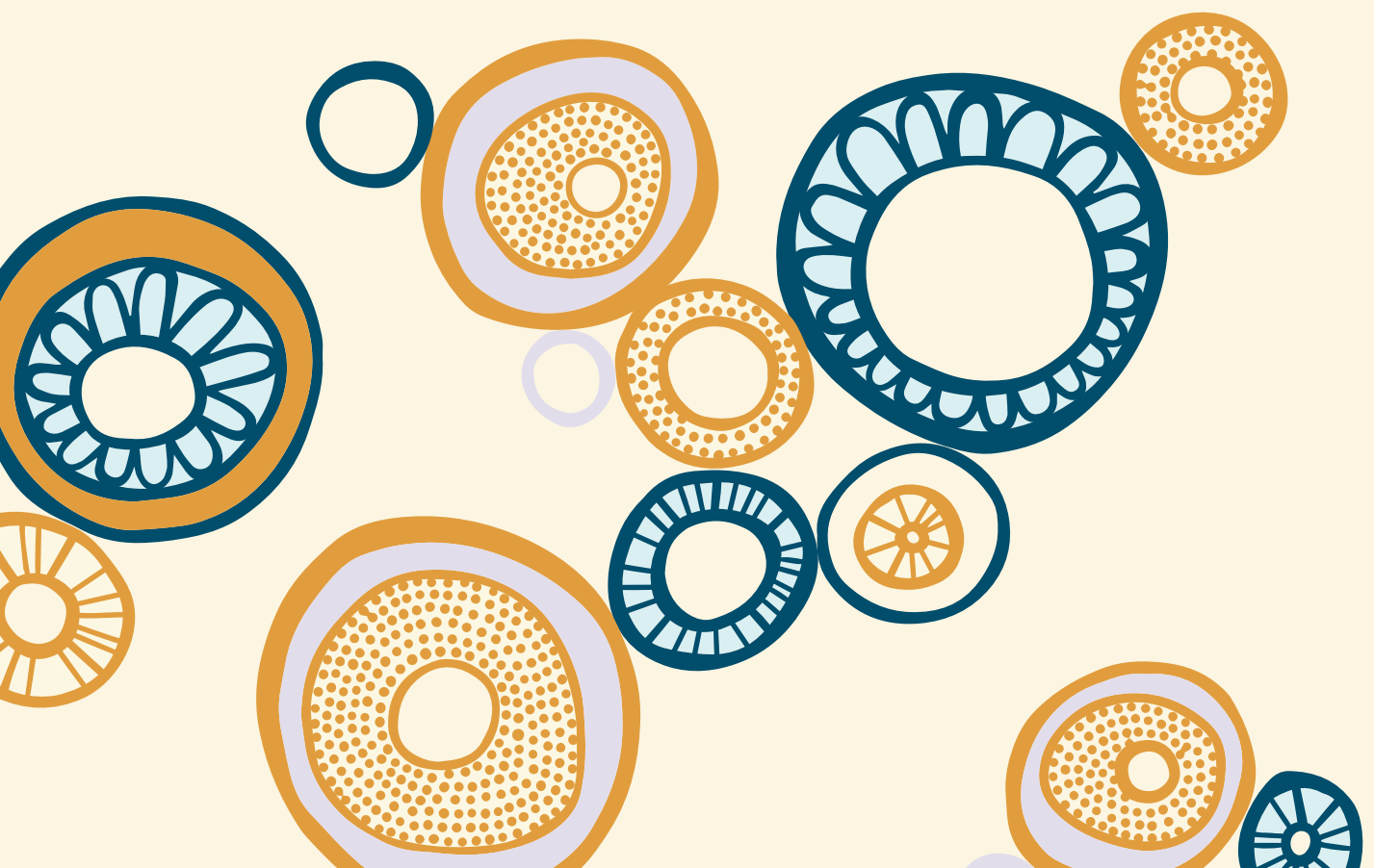
## Counselling Support

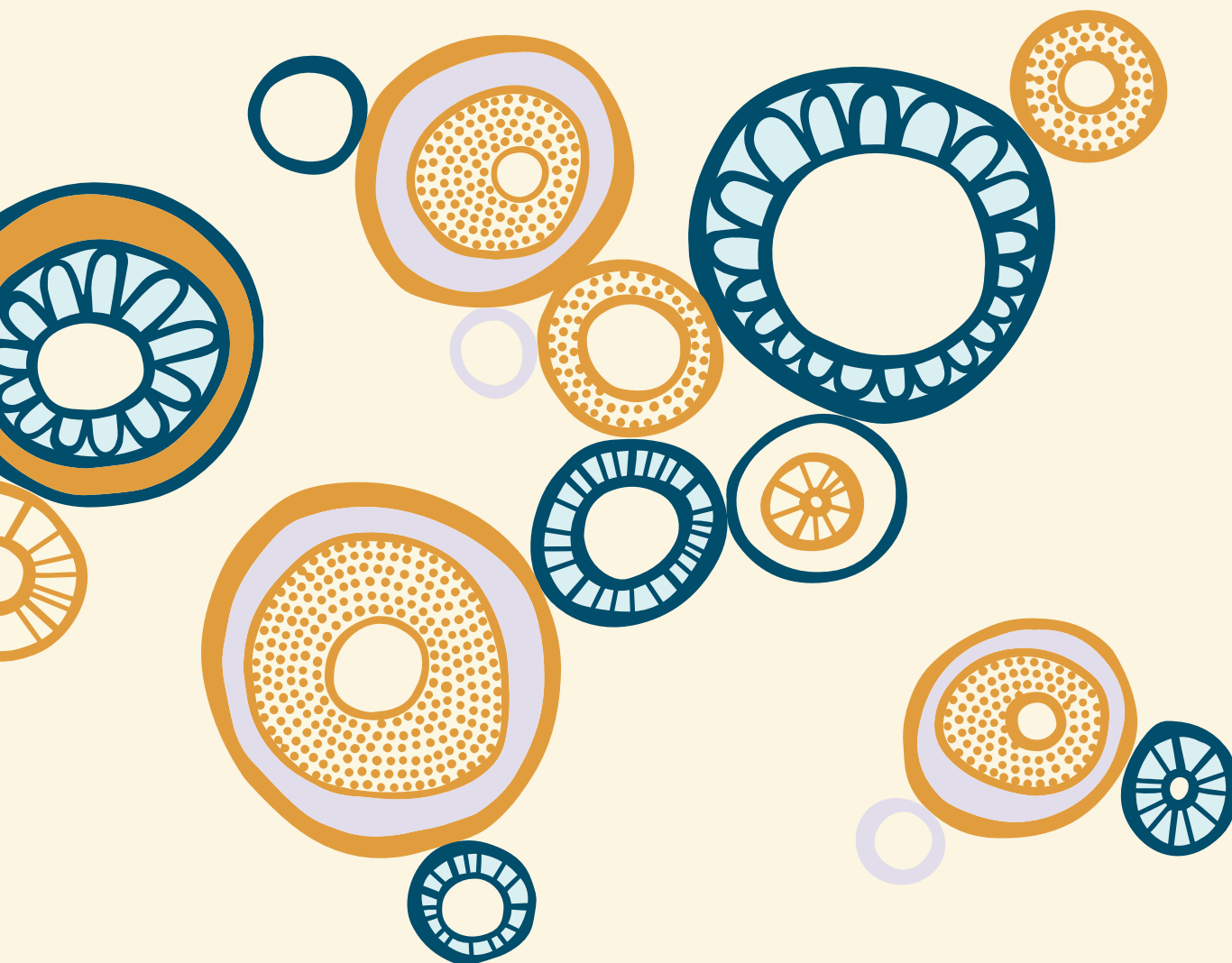
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*When you're ready,  
support is here for you  
and your family.*







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