# Counselling and advocacy support

## For people with disability who have experienced violence, abuse, neglect or exploitation

## How to use this fact sheet

|  |  |
| --- | --- |
| parliament house | The Australian Government wrote this fact sheet. When you see the word ‘we’, it means the Australian Government.  |
| easy read logo | We have written this fact sheet in an easy to read way. We use pictures to explain some ideas.  |
| word list | We have written some words in **bold**. We explain what these words mean.  |
| A woman is helping a man read a document. | You can ask for help to read this fact sheet. A friend, family member or support person may be able to help you.  |

## Do you need support?

|  |  |
| --- | --- |
|  | Counselling and advocacy support is available for people with disability who have experienced: |
| a fist symbol for violence  | * **violence** – if someone is hurting you physically
 |
| the symbol for abuse | * **abuse** – if someone is treating you badly
 |
| the symbol for neglect  | * **neglect** – if someone is not helping you the way they are supposed to help you
 |
| the symbol for exploitation  | * **exploitation** – if someone is taking advantage of you.
 |
| 000 and the police branding | If you are experiencing any violence or abuse, or if you feel unsafe, call 000 or contact the Police.  |

|  |  |
| --- | --- |
|  | This includes: |
|  | * men
 |
|  | * women
 |
|  | * children
 |
|  |  |
|  | * people from Aboriginal and Torres Strait Islander communities
 |
|  | * people from different cultures and backgrounds
 |
|  | * people who identify as LGBTIQA+.
 |

## What support is available?

|  |  |
| --- | --- |
|  | Two types of support are available: counselling support and advocacy support. |
|  | * **counselling support**
 |
|  | Counselling support is when you:* talk to someone about how you think and feel
* talk about ways to help you feel better.
 |
|  | * **advocacy support**
 |
|  | Advocacy services:help you to have your saygive you information and advicehelp you work out issues or problems you have. |
|  | Counselling and advocacy support is: |
| a man with his thumbs up next to a dollar and cross sign | * **free** – it won’t cost you any money
 |
| a person holding two scales evenly to show independence | * **independent** – it is run by disability organisations, not by the Australian Government
 |
|  | * **confidential** – the person you talk to won’t share what you say with anyone else.
 |

## Who can you call?

|  |  |
| --- | --- |
|  | To speak to a counsellor or find an advocate, you can contact the National Counselling and Referral Service. |
| a phone | **1800 421 468**or**(02) 6146 1468** |
|  | From:* 9 am to 6 pm AEST/AEDT on weekdays
* 9 am to 5 pm AEST/AEDT on weekends and national public holidays.
 |
| a www symbol for internet | You can also find these services on our website at [www.dss.gov.au/](http://www.dss.gov.au/)[disability-royal-commission-support](https://www.dss.gov.au/disability-and-carers-disability-royal-commission-support-services/find-disability-royal-commission-support-services-in-your-area)  |

|  |  |
| --- | --- |
|  | If you speak a language other than English, you can call: |
|  | Translating and Interpreting Service**131 450** |
|  | If you are deaf or have a speech or hearing impairment, you can call: |
|  | TTY**1800 555 677** |
|  | Speak and Listen**1800 555 727** |
|  | National Relay Service**133 677**[www.relayservice.gov.au](http://www.relayservice.gov.au) |

|  |  |
| --- | --- |
| Information icon from the Information Access Group logo | The Information Access Group created this Easy Read document using stock photography and custom images. The images may not be reused without permission. For any enquiries about the images, please visit [www.informationaccessgroup.com](http://www.informationaccessgroup.com). Quote job number 3512. |