



# Do you have disability? Has someone ever hurt you, treated you badly or taken advantage of you?

If this has happened to you, you may need emotional support or help to protect your rights. Free, independent and confidential support is available to help you.

## Advocacy support

An advocate can help you to work out problems and protect your rights.

## Emotional support

A counsellor can support you to talk about your feelings and emotions in a safe and private way.

This support is also available for people who are thinking about taking part in the Disability Royal Commission.

Contact the National Counselling and Referral Service on **1800 421 468** or **02 6146 1468** 9am to 6pm weekdays or 9am to 5pm weekends and national public holidays or visit **[dss.gov.au/disability-royal-commission-support](https://dss.gov.au/disability-royal-commission-support)**

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

**NDAP**  
National Disability  
Advocacy Program

 **blue knot**  
foundation  
National Centre of Excellence  
for Complex Trauma

  
**Australian Government**