

# 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.

## Emotional support

Counselling support can help people with disability, their families and carers.

A counsellor can support you to:

- discuss your feelings and emotions in a safe and confidential environment
- work out a problem or issue
- find other practical supports available to you.

## Advocacy support

Advocacy can help people with disability, their family members or carers acting on their behalf.

An advocate can help you to:

- protect your rights
- work out problems
- find communication supports
- access other supports such as legal or financial services.

This support is also available for people who are thinking about taking part in the Disability Royal Commission. You can take your time to think about getting support.

***It's here for you when you are ready.***

Contact the National Counselling and Referral Service on **1800 421 468** or **02 6146 1468** or visit **[dss.gov.au/disability-royal-commission-support](https://dss.gov.au/disability-royal-commission-support)**.

**If you are currently experiencing any form of violence or abuse, or are concerned for your safety, call the police on 000.**

## Accessibility

You can find out more about the supports available on our website in accessible formats such as Easy Read, Auslan and translated material at:

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

People who are deaf, hard of hearing and/or have a speech impairment can contact us through the National Relay Service (NRS). Please phone **133 677**.

If you need support in another language, you can use the Translating and Interpreting Service (TIS National) free of charge. You can call:

- **1800 421 468** and ask for an interpreter. The counsellor will make the arrangements, or
- TIS National on **131 450** and ask to be connected to **1800 421 468**.



## How to get support

Contact the National Counselling and Referral Service on **1800 421 468** for counselling support, or ask to be connected to a counsellor or advocate near you. It is available 9am to 6pm weekdays, and 9am to 5pm weekends and national public holidays.

You can also find contact details for support services on our website at:

**[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



**Australian Government**