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

Independent, culturally appropriate support is available for Aboriginal and Torres Strait Islander people with disability and their families.

## Emotional support

You and your family can connect with a counsellor to:

* discuss your feelings and emotions in a safe and private way
* work out a problem or issue
* find other practical supports available to you.

## Advocacy support

You and your family can connect with an advocate to 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<http://dss.gov.au/disability-royal-commission-support>

If you are worried about your safety right now, call **000**.

## Accessibility

You can find out more about the help available on our website in accessible formats including Easy Read and Auslan at:
<http://www.dss.gov.au/disability-royal-commission-support>

People who are deaf or have a hearing or speech impairment can contact us through the National Relay Service. Please phone **133 677**.

Counsellors and advocates can arrange translations and interpreting for people who need help in another language.

Building support communities, binding together in strength and resilience.

## How to get support

Support is available for Aboriginal and Torres Strait Islander people across Australia by phone, online and in-person. Support in some areas is provided by Indigenous-run organisations.

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:

<http://www.dss.gov.au/disability-royal-commission-support>

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

First Peoples Disability Network Australia logo

Blue Knot Foundation – National Centre of Excellence for Complex Trauma logo

NDAP – National Disability Advocacy Program logo

Australian Government logo