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

You have the right to speak up. Independent, culturally appropriate support is available for Aboriginal and Torres Strait Islander people with disability and their families. Support is free, independent and confidential.

## Advocacy support

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

## Emotional support

A counsellor can help you and your family talk about your feelings in a safe and private way.

This support is 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** 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.

Support in some areas is provided by Indigenous-run organisations.

For a full list of support services visit
<http://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