**Do you need support from the Disability Royal Commission?**

**Support is here for you.**

First Peoples Disability Network Australia

National Disability Advocacy Program

Blue Knot Foundation—National Centre of Excellence for  
Complex Trauma

Australian Government

This booklet is for people with disability and their families.

Some people with disability have been hurt, treated badly, or taken advantage of. This is wrong. If this has happened to you or your family, you may need support.

There are nearly 70 organisations across Australia that offer free counselling or advocacy support services.

To find out what’s available for you, you can contact the National Counselling and Referral Service on **1800 421 468** or visit **dss.gov.au/disability-royal-commission-support**

**Counselling Support:  
Kirra’s Story**

This is Kirra's story. Everyone’s story is different.

Kirra is 23 years old and has cerebral palsy.  
Kirra uses a wheelchair.

A friend of the family hurt Kirra when she was younger.

Kirra now feels upset and anxious a lot of the time. She finds   
it hard to trust people.

Kirra is thinking about telling her story to the Disability   
Royal Commission.

The Disability Royal Commission is an official inquiry looking at   
how to prevent people with disability from being treated badly.

But Kirra is worried about people finding out about her story.

Kirra said that someone hurting her made her feel shame.

This is Jane. Jane is a counsellor

Kirra contacted Jane through the National Counselling   
and Referral Service.

Jane can talk to Kirra about what happened to her.

She will listen to how Kirra is feeling and support her. Kirra feels safe talking to Jane.

Kirra knows Jane will not tell anyone else because a conversation with a counsellor is private.

Talking to Jane made Kirra feel more calm. She is now considering telling her story to the Disability Royal Commission.

How can a counsellor help you? A counsellor will listen to   
your story with no judgement, have a yarn, and support you.

Counselling is free and available for your family as well.

15Counselling is available for people who are thinking about   
taking part in the Disability Royal Commission.

It's also available if you just want o talk to someone about a time when you have been hurt, treated badly, or taken advantage of.

Counsellors work for independent organisations and are not part   
of the Australian Government or Disability Royal Commission.

They understand the needs of Aboriginal and Torres Strait Islander people and will help you to feel safe.

**Counselling Support**

To find out what’s available for you, you can contact the National Counselling and Referral Service on **1800 421 468.**

For more information you can visit our website at   
**dss.gov.au/disability-royal-commission-support**

**When you’re ready,   
support is here for you and your family.**

**Advocacy Support:  
Ronnie’s Story**

This is Ronnie's story. Everyone’s story is different.   
Ronnie has Down syndrome.

Ronnie has a carer that comes to his house every day.

Ronnie’s carer has not been looking after him properly   
and sometimes locks him in his room.

Ronnie told his friend about his experience.

His friend said this was wrong.

Ronnie told his friend that he wants to share his story with   
the Disability Royal Commission but needs help.

Ronnie got help from his friend to find advocacy support   
through the National Counselling and Referral Service.

This is James. James is an advocate.

James talked to Ronnie about his rights. James helped   
Ronnie to make a complaint about his carer.

James also helped Ronnie to tell his story by drawing it on paper.

How can an advocate help you? An advocate is a person who will help you to protect your rights, help you tell your story in the way that's right for you.

An advocate can also help you find legal, financial,   
and emotional support.

Advocates work for independent organisations and are not part   
of the Australian Government or Disability Royal Commission.

They will keep everything you say safe and private.

**Advocacy Support**

To find out what’s available for you, you can contact the National Counselling and Referral Service on **1800 421 468** and they can   
put you in contact with an advocate near you.

For more information you can visit our website at  
**dss.gov.au/disability-royal-commission-support**

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