



# National Counselling and Referral Service (Disability)

You can call 1800 421 468 for free emotional support

## **If you have disability and:**

- You want support with how you're feeling about the Disability Royal Commission
- You want support for making choices about telling your story to the Disability Royal Commission

## **OR**

- Someone has hurt you physically
- Someone has treated you badly
- Someone has not helped you the way they are supposed to have helped you
- Someone is taking advantage of you
- You are feeling sad or worried

## **You can also call us if:**

- you are a family member or carer of a person with disability
- you are a support worker, disability provider, advocate or legal service

## **Our counsellors will**

- listen and support you
- work with you to find your support needs
- support you to understand what is happening
- give you information about practical support
- connect you to advocates, local counselling or legal support

## Contact us

**Phone: 1800 421 468**

- **9am - 6pm Monday to Friday**
- **9am - 5pm Saturday, Sunday and public holidays.**

## Other ways you can contact us

Videoconference: Please email us first at [ncrscounsellors@blueknot.org.au](mailto:ncrscounsellors@blueknot.org.au) or call **1800 421 468** with a support person

Webchat: Go to our website [www.blueknot.org.au/Training-Services/Counselling-and-Referral-Service](http://www.blueknot.org.au/Training-Services/Counselling-and-Referral-Service). Read about webchat and click it. This is only for support, information and referrals. It is not for counselling.

SMS: This is only for information and referrals. It is not for counselling.

## ACCESSIBILITY

If you are deaf, or have a hearing or speech impairment you can use the National Relay Service to call us. Please phone **133 677**.

If you need support in another language you can use the free Translating and Interpreting Service on **131 450**.

## Immediate support

If you are in crisis, or you need immediate support or if you are concerned for your safety: Call Lifeline on **13 11 14**.

Call **000** if your life is in danger