



## Free counselling



Counselling is support when you feel upset or sad.



Things that you want to tell the Disability Royal Commission might make you feel upset.



You can get counselling from the Blue Knot Foundation.

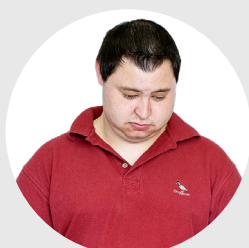
Counselling is free.

## Counselling is for



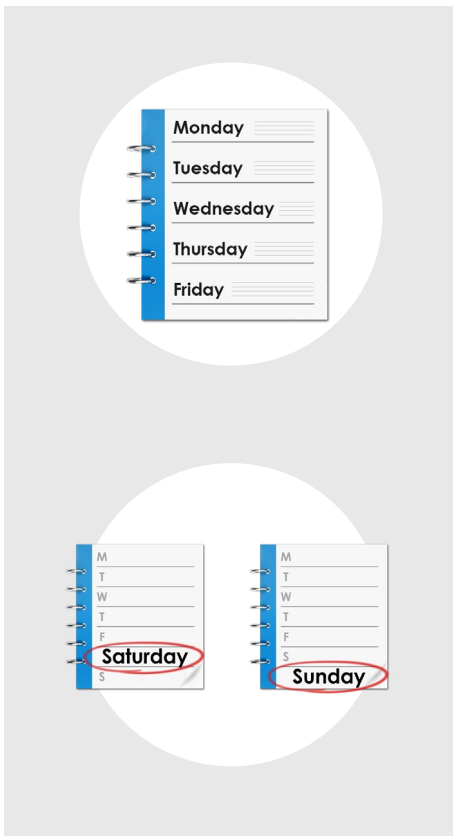
- People with disability
- Family and carers of people with disability
- Anyone who has strong feelings about the Disability Royal Commission

## Counselling can help you



- With your feelings about the Disability Royal Commission
- Tell your story to the Disability Royal Commission
- Find other ways to get support

You can get counselling



- Monday to Friday from 9am to 6pm

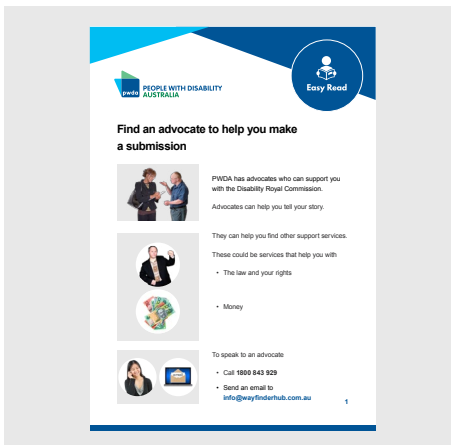
- Saturday and Sunday from 9am to 5pm

This is Canberra, NSW and Victoria time.



To talk to a counsellor call **1800 421 468**

# More information

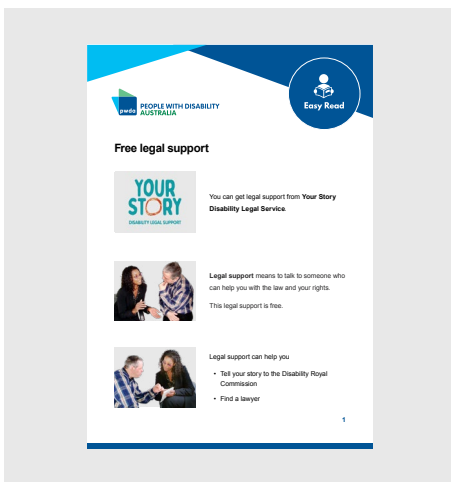


If you want to talk to the Disability Royal Commission you can get support from an advocate.

An **advocate** can help you share your story.

To find out more go to

<https://bit.ly/DRCHelp>



You can get free legal advice about talking to the Disability Royal Commission.

**Legal advice** means information about the law and your rights.

To find out more go to

<https://bit.ly/DRCLegal>

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