

# Free Counselling and Support For People Affected by the Disability Royal Commission

*Relationships Australia*<sup>®</sup>

VICTORIA

Since 1948

*We are continuing to support people safely during the coronavirus (COVID-19) crisis.*

## Who can use the service?

This service is available to anyone affected by the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (the Disability Royal Commission), including people living with a disability, their families, friends, carers, allies and support workers.

We understand that the Disability Royal Commission's work and media reports may impact many people, and that support is needed to manage these impacts.

If you are impacted by the work of the Disability Royal Commission, we are happy to talk with you to understand your specific needs and discuss how our service can support you.

If you would like to engage with the Disability Royal Commission, we can support you to do so.

We are experienced in providing trauma-informed counselling and support services which are sensitive, inclusive and responsive to the needs of our clients.

## Getting started

To find out how we can support you, contact us via our dedicated phone number or email address, or visit our website for more information.

Phone: **1 800 317 387** (for the cost of a local call)

Email: [disabilitysupport@rav.org.au](mailto:disabilitysupport@rav.org.au)

Visit: [www.rav.org.au/disabilitysupport](http://www.rav.org.au/disabilitysupport)

If you are deaf, hard of hearing and/or have a speech impairment, we welcome calls through the National Relay Service (NRS).

To access the information on this flyer in alternate formats, please visit [www.rav.org.au/disabilitysupport](http://www.rav.org.au/disabilitysupport)

For information about the Disability Royal Commission, please visit [disability.royalcommission.gov.au](http://disability.royalcommission.gov.au)

## What is a disability?

A 'disability' refers to a restriction or impairment which may be physical (e.g., incomplete use of legs), sensory (e.g., loss of sight or hearing), intellectual (e.g., impacts on thinking), and/or psychological (e.g., emotional or social challenges).

## What we can help with

- Information about the Disability Royal Commission.
- Counselling support.
- Support in deciding whether and how to make a submission, and in writing a submission.
- Interpreting and translation services, if needed to access our service.
- Information around the impacts of trauma, and skills and strategies to manage these impacts.
- Help to access other services such as legal, advocacy, financial, housing, and physical and mental health support, including through warm referrals.

## How are services provided?

We're continuing to deliver our services through telephone and video appointments; however face-to-face services are currently unavailable. We understand that this is a confusing and anxious time for people with disabilities, their carers and supporters; and we're still here to support you.

## Cost

This service is fully funded by the Australian Government Department of Social Services and provided at no cost to you.

*Relationships Australia Victoria is one of the two organisations in Victoria providing a Counselling and Support Service for People Affected by the Royal Commission. Drummond Street services is the other organisation.*

## About us

We are a community-based, not-for-profit organisation with no religious affiliations. We have over 70 years' experience providing family and relationship support services. Our vision is for positive, respectful, safe and fulfilling relationships for all Australians.

Our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances. We are committed to ensuring that our services are relevant, inclusive and accessible.