

# Disability Counselling and Support

For people who have experienced violence, abuse, neglect and exploitation, and those affected by the Disability Royal Commission

Relationships Australia®

VICTORIA

Since 1948

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

## Who can use the service?

This **free service** is available to anyone who:

- identifies as having a disability and has experienced violence, abuse, neglect, or exploitation; and/or
- is affected by the *Royal Commission into Violence, Abuse, Neglect and Exploitation of People with a Disability* (the Disability Royal Commission) including people with disability, family, friends, carers, allies and support workers.

## What is a disability?

A disability is a condition that gets in the way of your day to day functioning or wellbeing including:

- **Physical:** Hard to walk or move
- **Hearing or sight:** Hard to see or hear
- **Intellectual:** Difficult to think or learn
- **Psychological:** When emotions are painful and hard to live with

## Getting started

To find out how we can support you, contact us.

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 the Disability Royal Commission?

The Disability Royal Commission (DRC) is investigating ways to prevent and protect Australians with disability from experiences of violence, abuse neglect and exploitation. Through hearing the experiences of people with disability, their families, friends and allies, the DRC will make recommendations about how to improve laws, policies, structures and practices to ensure a more inclusive and just society. The DRC will run for three years, from 2019 to 2022.

## How can I access this service?

We're continuing to deliver our services during the COVID-19 pandemic 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 disability, their carers and supporters; and we're still here to support you.

## What we can help with

- Counselling support
- Access to interpreters and translation services, if needed to access the service
- Information around the impacts of trauma, and skills and strategies to manage these impacts
- Help to access other services
- Information about the DRC
- Support to decide if you want to make a submission

*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.