



Disability counselling and support

Relationships Australia Victoria



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



About this book



This book is from Relationships Australia Victoria.



This book is about **counselling**.



Counselling means you get help from our staff to deal with different problems.

Counselling for violence and abuse



You can get counselling if you have a **disability** and are a victim of **violence and abuse**.



Violence and abuse means someone hurts you.



Violence can be **physical**, for example someone is rough with you or hurts you.

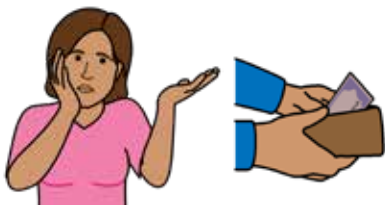


Violence can be **sexual**, for example someone makes you

- have sex when you do **not** want to
- touch private parts when you do **not** want to.



Violence can be **verbal**, for example someone says mean things to make you feel bad.



Violence can be **financial**, for example someone

- spends all your money



- does **not** let you have your money or things.

Violence can be **social**, for example someone will **not** let you



- leave your home



- see your family and friends.

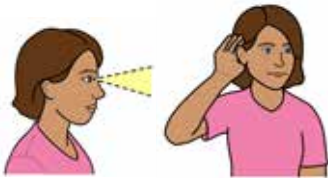
What is disability?

There are many types of disability.



Disability can be

- **physical** - how you use your body



- **sensory** - how you see, feel, hear or touch



- **cognitive** - how your brain works



- **psychosocial** - how you feel and connect with people.

Who can get counselling?



We can give counselling to

- people with disability who are victims of violence and abuse



- people who are part of the **Disability Royal Commission** and need support including

- people with disability



- carers and family



- friends.

The Disability Royal Commission is a group of people who find out about problems.

For example



- unfair treatment of people with disability



- violence and abuse.

How can we help you?



Our staff have the right

- education



- training

- experience.

You can talk to us in different ways.

For example



- on the phone



- on a video call



- at home in some cases



- in person.

More information



For more information contact
Relationships Australia Victoria.



Call 1800 317 387



Website [www.relationshipsvictoria.com.au/
services/disabilitysupport](http://www.relationshipsvictoria.com.au/services/disabilitysupport)



Email disabilitysupport@rav.org.au

For information about the Disability Royal Commission visit



disability.royalcommission.gov.au



If you need help to speak or listen

Contact Relationships Australia Victoria through the National Relay Service or NRS.



Call the NRS help desk
1800 555 660



Go to the NRS website

communications.gov.au/accesshub/nrs

This Easy English document was created by Scope (Aust) Ltd. in March, 2021 using the following images: Picture Communication Symbols ©1981–2021 by Tobii Dynavox. All Rights Reserved Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox; ClipArt © Inspired Services, UK.

www.inspireservices.org.uk; Change © 2011. www.changepeople.org

This document must not be sold to third parties. The images must not be reused without permission. For more information about the images, contact Scope on 1300 472 673 or visit scopeaust.org.au