

## KEEPING YOU SAFE AND STRONG – GETTING SUPPORT

Yoorrook has free and confidential social and emotional wellbeing and legal supports available for you before, during and after you tell your truth.

### **Social and Emotional Wellbeing Support**

Keeping you safe and strong is an important part of the Yoorrook process. Yoorrook provides confidential social and emotional wellbeing support to anyone who wants to tell their truth. We can support you on your own, as well as the people who support you.

This might look like a one-off yarn, ongoing counselling, or linking you with other services in your community. It is completely led by you.

Support is free and confidential. It is delivered by support workers and counsellors from First Peoples' Health and Wellbeing.

You can ask for help at any time on your truth-telling journey. Please call 1800 YOO RRK (1800 966 775 free call) Monday to Friday, 9am to 5pm to arrange a first yarn with a member of the team or email [sewb.yoorrook@fphw.org.au](mailto:sewb.yoorrook@fphw.org.au).

For more information about Yoorrook's social and emotional wellbeing support, go to the website: <https://yoorrookjusticecommission.org.au/social-and-emotional-wellbeing-faq/>

### **Legal Support**

Yoorrook also provides a free and confidential legal support through the Lotjpa Independent Legal Service.

It is important to get legal advice if you want to say something to Yoorrook that could impact you or your legal rights. For example, if you want to share details of something you agreed to keep private, or if there is a current court case that involves things you're not allowed to talk about publicly.

Lotjpa can also assist you with making a submission to Yoorrook about your experiences.

Lotjpa is independent from the Yoorrook Justice Commission. It will not give your information to Yoorrook unless you agree. Lotjpa staff will not tell anybody what you tell them, unless you want them to.

The Victorian Aboriginal Legal Service (VALS) and Victoria Legal Aid (VLA) run the Lotjpa service. You can speak with a lawyer from either VALS or VLA.

To contact Lotjpa, please call (VLA) 8610 9830 or email: [lotjpa@vla.vic.gov.au](mailto:lotjpa@vla.vic.gov.au); or call (VALS) 9418 5999 or email: [lotjpa@vals.org.au](mailto:lotjpa@vals.org.au).

### **Translators**

Yoorrook can arrange an interpreter if you want to share your story in your own language, including Indigenous languages and Auslan.

If you are deaf, hearing or speech impaired contact us through the National Relay Service (NRS) and ask to call 1800 966 775. If you have any issues connecting through the NRS, please call the NRS Helpdesk on 1800 555 660 (Monday to Friday 8am-6pm).

For any other help, or for more information, call us on 1800 YOO RRK (1800 966 775 free call) Monday to Friday, 9am to 5pm.