

In this information sheet we use hard words.

The first time we use a hard word it is in **blue**.

We write what the hard word means.

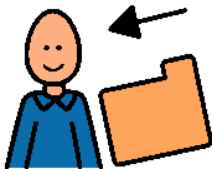
You may have people in your life who are **not** helping the way you want

The people could be

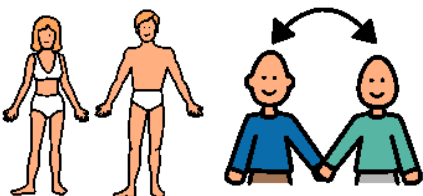


- your family

- your carers

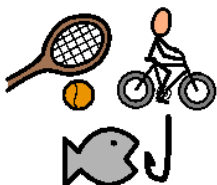


- other support people.

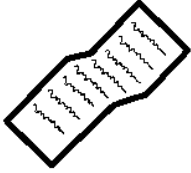


It could be about

- sex, bodies and relationships



- other things in your life.



We have made a list of [Advocacy](#) services.

Advocacy services can help you live the life you want.

The list is below.



Call a service and they will tell you if they can help.

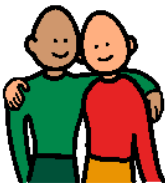
You might need someone you trust to help you

For example



- a family member

- a carer



- a friend

All of Victoria



Association for Children with a Disability

Phone 1800 654 013



Cystic Fibrosis Victoria

Phone (03) 9686 1811



Deaf Victoria

Phone 1300 553 467



Victorian Advocacy League for Individuals with
Disability (VALID)

Phone (03) 9416 4003



Women with Disabilities Victoria

Phone (03) 9286 7800



Youth Disability Advocacy Service (YDAS)

Phone (03) 9267 3755

Melbourne



Brain Injury Matters

Phone (03) 9639 7222



Collective of Self Help Groups

Phone (03) 9650 2005



Disability Resources Centre

Phone (03) 9671 3000



Leadership Plus

Phone (03) 9489 2999



Reinforce

Phone (03) 9650 7855



STAR Victoria

Phone (03) 9650 2730

East of Melbourne



New Horizons Self Advocacy Group, part of
Eastern Access Community Health (EACH)

Phone 1300 00 3224

South-east of Melbourne



Action on Disability within Ethnic Communities

Phone (03) 9480 7000



Communication Rights Australia

Phone (03) 9555 8552



Disability Resources Centre South East

Phone (03) 9791 4870

North of Melbourne



Action on Disability within Ethnic Communities

Phone (03) 9480 7000



Migrant Resource Centre, North West Region

Phone (03) 9367 6044

West of Melbourne



Action on Disability within Ethnic Communities

Phone (03) 9480 7000

Geelong area



Assert 4 All

Phone (03) 5221 8011



Blind Citizens Australia

Phone (03) 9654 1400

Regional Victoria



Gippsland Disability Advocacy Inc.

Phone (03) 5175 0444



Grampians Disability Advocacy - Ararat, Ballarat
and Horsham

Phone (03) 5381 2400



Rights Information & Advocacy Centre Inc. -
Bendigo, Shepparton and Mildura

Phone 03 5822 1944



South West Advocacy Association

Phone (03) 5561 4584