
National Counselling and Referral Service

If you are living with disability including mental health and have been:

- hurt physically
- treated badly
- taken advantage of
- not helped in the way you needed to be helped,

there is support for you.

If you are feeling sad, lonely or worried it can help to speak with a counsellor.

You can call us on the Arunta Prison Phone or **1800 421 468** to speak with a counsellor and book some private counselling sessions.

When you call, we will:

- support you to feel safe
- listen to you
- provide you with emotional support
- answer your questions about our service
- book you in to have some confidential counselling sessions with us if you want to

Many people in prison we speak to find the counselling we offer makes a big difference.

We are here to help.

You can call the National Counselling and Referral Service on the Arunta Prison Phone or
1800 421 468

This service operates from:

9am–6pm AEST/AEDT Mon to Fri

9am–5pm AEST/AEDT Sat, Sun and public holidays.