

LOOKING AFTER YOURSELF

Make sure you are looking after yourself during the Voice referendum.

Approach conversations with respect and empathy. And remember to keep the social and emotional well-being of First Nations peoples, families and communities at the centre of the discussion.

If you are an Aboriginal or Torres Strait Islander person who needs support, consider contacting one of the various support services available.

13YARN

Confidential one-on-one support for Aboriginal and Torres Strait Islander Peoples, 13 92 76

beyondblue

Support for anyone feeling depressed or anxious, 1300 22 4636

headspace

mental health service for ages 12-25, 1800 650 890

lifeline

Support for anyone having a personal crisis, 13 11 14

