

# aruma.

**Disability services. Putting you first.**

## **People That Will Stand Up For Your Rights in NSW**



**It is written in an easy to understand way.**

**We use pictures to explain things.**





**What if I want someone to  
help me stand up for myself**



**There are services who can help  
you be heard**



If you are deaf or have trouble  
speaking you can ring  
the National Relay Service  
on **133 677**

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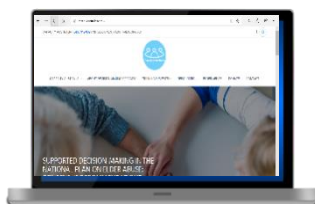


## Capacity Australia

Can help you decide



You can ring on **02 8987 1944**



You can visit their website at

<http://capacityaustralia.org.au/>



**People with Disability Australia**  
**PWDA**



You can call them on  
**free call 1800 422 015**



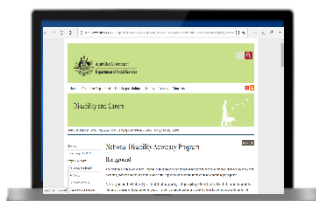
You can visit their website at  
[www.pwd.org.au](http://www.pwd.org.au)



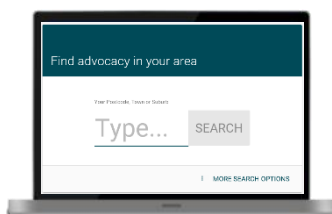
## National Disability Advocacy Program NDAP



You can ring them on  
**1300 653 227**



You can visit their website at  
[www.dss.gov.au](http://www.dss.gov.au)



You can search for help in your area  
Visit the website  
[www.dss.gov.au](http://www.dss.gov.au)



## Council for Intellectual Disability

CID



You can ring on **1800 424 065**



You can visit their website

[www.nswcid.org.au](http://www.nswcid.org.au)



You can email your question

[info@nswcid.org.au](mailto:info@nswcid.org.au)



Disability Advocacy NSW



You can ring on **1300 365 085**



Website: [www.da.org.au](http://www.da.org.au)



Intellectual Disability Rights  
Service IDRS



You can ring on **02 9286 1000**



Website [www.da.org.au](http://www.da.org.au)