

# aruma.

**Disability services. Putting you first.**

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



**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**



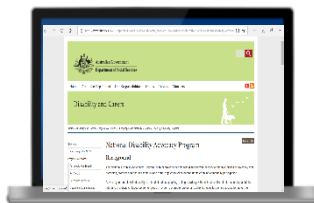
You can visit their website at  
[www.pwd.org.au](http://www.pwd.org.au)



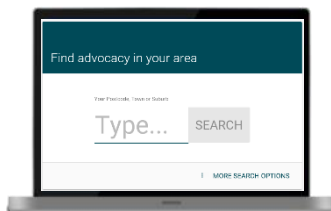
**National Disability Advocacy  
Program NDAP**



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)

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**VALID**

Victorian Advocacy League for  
Individuals with Disability **VALID**



You can ring on **03 9416 4003**



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



You can email your question

[office@valid.org.au](mailto:office@valid.org.au)

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## Regional Disability Advocacy Service



You can ring on **1800 250 292**



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



You can email your question

[admin@rdas.org.au](mailto:admin@rdas.org.au)