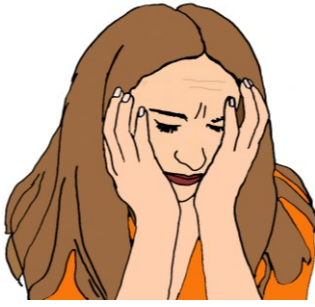




**You are Aboriginal.**

**You need help.**

**Places you can ask.**



You need help with how you feel. Like

- you worry
- you feel sad.

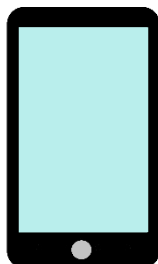


You may want to hurt your self.

You may want to die.



You need a person to talk to.

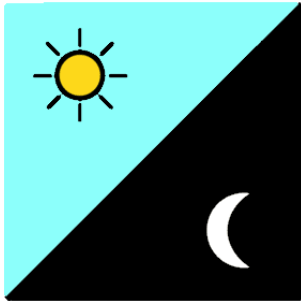


Call **13 YARN.** 13 92 76.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

It is open each day. You can call on

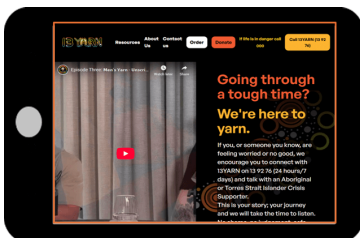
- any week day. Like Monday
- the week end. Like Sunday.



It is open all the time. You can call

- in the day
- late at night. Like mid night.

Or



Go to [www.13yarn.org.au](http://www.13yarn.org.au).



You can get help for Aboriginal people. Like

- for your health
- for your baby
- for old people.

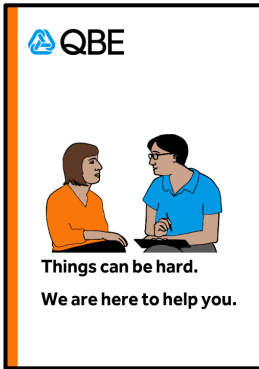


Go to [www.NACCHO.org.au](http://www.NACCHO.org.au).

It is the National Aboriginal  
Community Controlled Health Organisation.

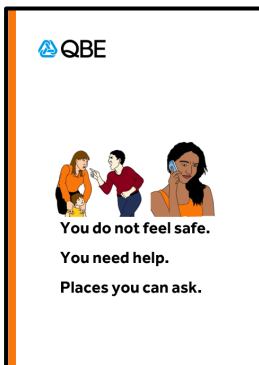


**You need more help**



**Read**

Things can be hard. We are here to help.



**Read**

You do **not** feel safe. You need help.

Places you can ask.

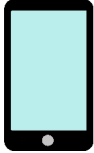
# Images

We can use the images from



- CHANGE [www.changepeople.org](http://www.changepeople.org)

- Inspired Services



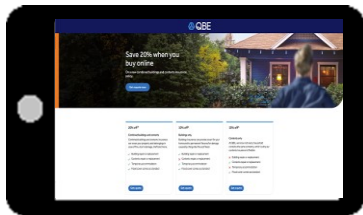
- Noun Project

- Picto Selector



- Tobii Dynavox.

We used AI to make some images.



This fact sheet is based on information from the QBE website.



**Access**  
Easy English

Access Easy English wrote the Easy English.

December 2025.