

6 ways to look after
yourself and
mob during

**The Voice
referendum
debate**



**Anti-Discrimination
New South Wales**

We acknowledge Aboriginal people as the First Nations Peoples of NSW and pay our respects to Elders past, present and future. We acknowledge the ongoing connection Aboriginal people have to this land and recognise Aboriginal people as the original custodians of this land.

The Voice referendum debate

Later this year, Australians will be asked to vote on whether Australia should change its Constitution to recognise Aboriginal and Torres Strait Islander peoples as the first peoples of Australia and set up a body called the **Aboriginal and Torres Strait Islander Voice**.



What is The Voice?

The Voice would be a body that provides advice, wisdom, experience, evidence and solutions to the Australian Parliament and Government on matters that affect the lives of Aboriginal and Torres Strait Islander people and their communities.

It's a practical way of making sure constitutional recognition of Aboriginal and Torres Strait Islander people is more than symbolism, and it is what Indigenous Australians through the ***Uluru Statement from the Heart*** are calling for.

Having a Voice means Aboriginal and Torres Strait Islander people would be able to give advice to politicians in Canberra about the solutions that work on the ground.

Community debate

The Voice referendum has opened up debate in Australia. There is much discussion about Aboriginal and Torres Strait Islander people and their communities. Some comments are hurtful. Other comments or behaviour may be against the law. In NSW, both race discrimination and racial vilification are against the law.



There are six ways you can look after yourself and mob during The Voice referendum debate.



Create safe boundaries

You don't need to be an expert on The Voice. Encourage people to visit **voice.gov.au** to get the facts.





2

Use your voice

You can report race discrimination or racial vilification to the team at **Anti-Discrimination NSW.**

3

Look out for others

Have a yarn with someone who might be struggling.





4

Get outdoors

Get some fresh air.

Go for a walk.

Go on Country.

5

Mute the noise

You don't have to watch every ad or read every news story. Remember you can mute, unfollow or hide social media posts.



6

Reach out

If you are feeling worried or no good, connect with family and community. Or phone **13YARN** and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

What to do if you experience discrimination or vilification

Racist comments and racial abuse are completely unacceptable. If you experience race discrimination or racial vilification, contact **Anti-Discrimination NSW** on **1800 670 812** for free confidential information about your rights and how to make a complaint.

You can ask to speak to an Aboriginal or Torres Strait Islander staff member and have a yarn about your discrimination enquiry. If you think a family member is experiencing discrimination, encourage them to have a yarn with Anti-Discrimination NSW or call the enquiry line on their behalf for further information.

How to get mental health support

If you, or someone you know, are feeling worried or no good, we encourage you to connect with **13YARN** on **13 92 76** (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.





Anti-Discrimination New South Wales

Enquiries and complaints

(02) 9268 5544

1800 670 812 (toll free)

complaintsadb@justice.nsw.gov.au

antidiscrimination.nsw.gov.au



13 YARN
"Our Story, Our Healing"

Crisis support

13 92 76 (24 hours/7 days)

000 (if in danger)

13yarn.org.au