



YARNING SAFE'N'STRONG

Yarning Safe'N'Strong is a confidential phone crisis line for Aboriginal and Torres Strait Islander People and families who need to have a yarn with someone about their wellbeing.

Available
24/7

So if you're feeling down, isolated, or just need a yarn, maybe give us a call?

You can yarn safely with culturally suitable counsellors that 'get it', no matter how small or big the challenge.

- Social and Emotional wellbeing
- Counselling
- Medical help and COVID-19 advice
- Drug and alcohol counselling and rehab

Free and
confidential

If you're not sure who to call but need assistance, please call our helpful team at VAHS and we can help link you to the right service.

1800 959 563



YarningSafenStrong

