

Making a submission to The Royal Commission

WHERE TO GO FOR EMOTIONAL AND MENTAL HEALTH SUPPORT

Writing a submission for the Royal Commission is important – but we know it may not be easy. Re-counting and re-living your experiences may feel challenging. If you're struggling, or just need to talk to somebody who understands, help is available

+ NEW SOUTH WALES

JEWISH HOUSE

A crisis support service providing practical support for people in need. The Jewish House team is there to get you through the hardest days, and is encouraging people to reach out to them if they are struggling whilst writing submissions for the Royal Commission

24/7 Crisis Line

1800 976 198

Counselling, support and resources

www.jewishhouse.org.au

Antisemitism-specific support and resources

www.navigatingantisemitism.org.au

JEWISH CARE (NSW)

Available to listen and help if you need emotional support whilst engaging with the Royal Commission process

Hotline

1300 133 660

Support and resources

www.jewishcare.com.au



NCJWA FACT SHEET

+ VICTORIA

JEWISH CARE VICTORIA

Supporting the Jewish community of Victoria

(03) 8517 5999

www.jewishcare.org.au

HATZOLAH

One off counselling sessions

Booking link

<https://www.trybooking.com/CMJNY>

+ QUEENSLAND

JCARE QLD

Supporting all members of the Jewish community in Queensland

Helpline

1300 133 660

Jcareqld@gmail.com

+ WESTERN AUSTRALIA

MENORA FOUNDATION

www.menora.org.au

NCJWA FACT SHEET

+ NATIONWIDE

AUSTRALIAN JEWISH PSYCHOLOGISTS (AJP)

Highly skilled, registered Jewish psychologists, offering support to the Jewish community, with the first session free of charge.

To book, email AJP Secretary Ronit
ronit@rjpsychology.com.au

OR CONTACT US AT NCJWA

Email

projects@ncjwa.org.au

Website

www.ncjwa.org.au/RC