

6 ways to look after yourself and mob during

The Voice referendum debate

2

Use your voice

You can report race discrimination or racial vilification to the team at **Anti-Discrimination NSW**. Phone **1800 670 812**.



4

Get outdoors

Get some fresh air.
Go for a walk.
Go on Country.



6

Reach out

If you are feeling worried or no good, connect with family and community. Or phone **13YARN** on **13 92 76** and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



1

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.



3

Look out for others

Have a yarn with someone who might be struggling.



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.



**Anti-Discrimination
New South Wales**



Visit our website
antidiscrimination.nsw.gov.au
or phone **1800 670 812** to
learn more.