

Content Warning

Veiled Histories refers to and discusses topics that some readers may find distressing; including racial discrimination, domestic and family violence, alcoholism, and violence and harm affecting First Nations people. Contact details for support services are available below.

Support Services

Lifeline Australia 13 11 14

Beyond Blue 1300 22 4636

Headspace <https://headspace.org.au>

13YARN (13 92 76)

An Aboriginal & Torres Strait Islander crisis support line, available 24/7, offering people in need a safe place to yarn.

National Aboriginal Community Controlled Health Organisation (NACCHO)

<https://www.naccho.org.au>

NACCHO is dedicated to supporting culturally informed, community-led healthcare, empowering Aboriginal and Torres Strait Islander people to lead healthier, stronger lives.

WellMob <https://wellmob.org.au>

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People

1800 RESPECT (1800 737 732)

Provides 24-hour counselling services to help you cope with sexual assault or violence.

Kids Helpline 1800 55 1800

Provides private and confidential counselling for young people aged 5–25 years.