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hear this poster in
your language:



DON'T FACE RACISM ALONE

Support is available



WHAT IS RACISM?

Racism is when you are treated unfairly,
bullied or harassed because of your:



APPEARANCE



RELIGION



TRADITIONAL
DRESS AND FOOD



Racism can make you feel **confused, lonely, scared, sad,**
angry and hopeless. It can stop you from getting jobs, housing,
health care and education.

HOW CAN RACISM AFFECT YOU?

Here's what our community said:

*"It makes me feel
sick, sweaty and
anxious."*

*"I feel like I
don't belong."*

*"It keeps me
awake at night.
I feel so alone."*

Racism can happen in workplaces, schools, sports clubs,
and places like shops and trains.

**NO MATTER WHERE IT HAPPENS,
IT'S NEVER OKAY.**

HOW TO GET SUPPORT:

1. Visit antiracismvictoria.com.au/support-services/
2. Choose a support service to call
3. Ask to speak in your language



Anti-Racism Support Networks in
Wyndham, Whittlesea and the Southeast
can provide emotional support and
help you explore your options.

Across Victoria, VEOHRC can provide
information and help you report racism
humanrights.vic.gov.au/get-help/



IF YOU ARE UNSAFE OR HURT CALL 000

With support from:



Proudly supported by:

