

# Yarn Up

*Speaking for yourself our way*

*It's important to take steps to speak up when you have a problem.*

*ADA Australia may be able to help.*

*Call us on 1800 818 338*

 *What is the trouble?*  *Find out who you can yarn to*

 *Have a yarn about the problem*

[www.adaaustralia.com.au/speak-up](http://www.adaaustralia.com.au/speak-up)