

# ASK

Adults  
Supporting  
Kids



**Tjitji tjuta wankaru  
munu pika wiyatjara  
pulkaringanyi**



Nyuntu pulkara worry-ringanyi  
tjitjiku munu walytjaku



Nyuntu alpaku ngurila  
nyangangka



Nyuntula ilangka



Website nyawa phone-angka  
ka computer-angka



Ara winki ngurila



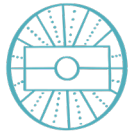
Support ngurila



Malpa kutjupa ngurila  
wangkanytjaku



ASK ngurkantananyi Anangu  
walytja tjuta kunpu tjuta



Ka Anangu tjutangu pulkani  
tjanampa tjitji tjuta Ananguku  
ara wanu



Atunymananyi tjitji tjuta  
witu-witu mula



Kutjupa-kutjupa tjuta  
witu-witu palyani



Ara irititja tjuta, mani wiya,  
puyu munu wama, wankaru  
wiya munu kutju nyinapai



Ala nyangatja tjutangu  
ngunytyu mama munu walytja  
tjuta kuralpai



Nyuntu support  
mantjini kuwari



Nyuntu kutjupangka  
wangkaku kuwari



ASK alpa ngaranyi



# ASK

Adults  
Supporting  
Kids



**Kids can grow up  
safe and healthy**



Are you worried about any  
kids or families?



You can find help here



that's close to you.



You can look at the  
website on your phone  
or on the computer.



You can find information.



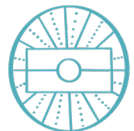
You can find support.



You can find someone  
to talk to.



ASK recognises that  
Aboriginal and Torres Strait  
Islander families are strong,



and that Aboriginal and  
Torres Strait Islanders have  
their own cultural ways of  
growing kids up strong.



Looking after kids can  
be hard sometimes.



Sometimes other things  
get in the way,



like pain from the past,  
money problems, drugs  
and alcohol, feeling unsafe  
or feeling alone.



These things put pressure  
on parents and families.



You can get extra  
support now.



You can talk to someone now.



ASK can help.



It is ok to ASK for help



So ASK early and ASK often