

Need to talk?

Need support?

synergy
ESSEX

Providing rape and sexual abuse
specialist services

We provide an Essex wide service to victims and survivors of all forms of sexual violence by offering specialist emotional support, counselling and advocacy for adults, children, young people, family and their supporters.



You can telephone us on **0300 003 7777** and speak to a **First Contact Navigator** to find out more about our services or you can contact our centres directly.

When you ring for the first time we will offer to send you information if it's safe to do so. You will be invited for an appointment to meet a member of our team who will talk to you about your needs and how we can support you.

At this first contact you can talk about and decide upon the services you want to receive, for example, counselling. If you are thinking about or have reported a sexual offence to the police, you may want information or practical support from our **Independent Sexual Violence Adviser Services (ISVA)**.

You can contact us by:



calling

0300 003 7777



emailing

support@synergyessex.org.uk



completing the online referral form

www.synergyessex.org.uk

In partnership with

sericc
Rape and Sexual Abuse
Specialist Service



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