

Synergy Essex provides information and support services for anyone who has experienced any form of sexual violence and abuse.

We offer an Essex-wide service providing specialist emotional support, counselling, advocacy and other services to support adults, children, young people, their families and supporters.

All our staff and volunteers are trained to provide specialist support. We offer services from accessible sites across Essex.

Synergy Essex is a partnership of SERICC Rape and Sexual Abuse Specialist Service, Southend Rape Crisis Centre (SOSRC) and Centre for Action on Rape and Abuse (CARA).



Providing rape and sexual abuse specialist services

Independent Sexual Violence Adviser Services (ISVA)

Contact us to make a self-referral or if you prefer, an agency supporting you such as the police, can contact us on your behalf



call

0300 003 7777



email

support@synergyessex.org.uk



complete the online referral form

www.synergyessex.org.uk

First contact

We will contact you by phone or email. We aim to do this as soon as possible upon receiving your referral. If the ISVA service seems the right service for you, we will offer a meeting at a time to suit you.

When you first meet with the adviser (ISVA), you can talk to them about your needs and what kind of support you would find helpful. We will also give you information about all of our services, confidentiality and discuss any safety or risk concerns you may raise.

What support you may need

Reporting to the Police – ISVA's can provide you with information on the criminal justice process on what you can expect if you report to the police and court processes.

ISVAs can be a 'single point of contact' to support you through the criminal justice system which includes the police, witness care and the Crown Prosecution Service, as part of the requirements of the Victims Code 2020 section 4.8.

ISVA's can liaise with other agencies on your behalf such as your school, college, employer, sexual health services and social care.

Support begins

We will meet and communicate with you regularly, depending on how much support you feel you need. This can be in person, online, over the phone, by email or text.

In partnership with

sericc
Rape and Sexual Abuse
Specialist Service



SOS RAPE CRISIS
SOUTHEND • CASTLE POINT • ROCHFORD