

Do you need to talk to someone about

RAPE OR SEXUAL ABUSE?

It could have happened a long time ago or more recently.
If you are worried, need support or information, you can call our helpline:

**South Essex Rape
& Incest Crisis Centre**
01375 380609

Our 24 hour answerphone will tell you our
Helpline times. Or leave a message and we will
call you back as soon as possible.

We offer a confidential helpline, 'one-to-one'
counselling and support for women and girls who
have suffered or are suffering sexual violence.



**South Essex
Rape & Incest
Crisis Centre**