

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

www.sericc.org.uk

The logo for South Essex Rape & Incest Crisis Centre (sericc) features the word 'sericc' in a white, lowercase, sans-serif font. The letters are set against a dark blue background with horizontal wavy lines. A small green dot is positioned above the letter 'i'.

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**

Registered charity No. 287762

Run for women, by women