

Do you need to
talk to someone about
rape or sexual abuse?

Please call

01375 380609

It could have happened a long time ago or more recently.
If you are worried, need support or information please visit:

South Essex Rape and Incest Crisis Centre
www.sericc.org.uk

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