

Who we are...

SOS Rape Crisis provides confidential and non-judgemental support for survivors of any form of sexual violence that has occurred at any time in their lives—whether it has occurred recently, a long time ago or is still happening.

SOS Rape Crisis supports survivors who live in the areas of Southend-on-Sea, Castle Point and Rochford.



What is sexual violence?

Sexual violence is a term used to describe any kind of unwanted sexual behaviour. This includes, but is not limited to—rape, child sexual abuse, assault and harassment (both verbal and non-verbal).

It also includes Honour Based Abuse and Female Genital Mutilation.

The abuse may have happened recently or many years ago and may have involved a stranger or someone you trusted, such as a partner, a relative, a friend or a colleague.



SOS Rape Crisis have sexual abuse support services that can aid your recovery.

Our services...

Emotional Support & Advocacy:

Sexual violence can have a significant impact on your life. If you are aged 18 and over, SOS Rape Crisis Advocacy Worker is available to support you by working through the wider issues that are a result of the sexual abuse.

This includes support through the criminal justice system including court processes, housing & benefits advice, physical and mental health etc.

Sexual Violence Counselling (Adults):

Sexual Violence Counselling provides a safe and confidential space for you to explore the difficulties in your life that may be as a result of the sexual abuse.

SOS Rape Crisis offers one-to-one counselling sessions to children and adult survivors.

Support is also available for your family & friends who may have been affected by the sexual abuse.

Children's service (under 11 years):

Working through play to help young children address and resolve issues that are a direct effect of abuse they have suffered.

The therapy builds on the natural way children learn – helping them to express feelings, modify behaviour, share thoughts and relate to others.

The service provides a support programme for young children and their families—focusing on play and interactive therapy in a safe space.

SOS Rape Crisis
Southend Castle Point Rochford

Young Persons' Service (11—25 yrs)

A service specifically for children and young people who have experienced any type of sexual violence or abuse is available. As well as specialist one-to-one support, therapeutic group work with young people addresses issues such as emotional & behavioural issues and helps them understand their experiences. The service also helps young people by offering positive coping strategies to help them deal with things.

Information & Support Helpline:

Survivors aged 14 years or over can speak to a trained member of SOS Rape Crisis staff in confidence for up to 40 minutes telephone support.

SOS Rape Crisis support telephone line is available at the following times:

Monday to Friday 09:00 till 17:00hrs
Mondays from 20:30 till 22:00hrs



National Helpline: 0808 802 99 99

The Information & Support Helpline is also available to support family and friends of survivors

Office: **01702 667590**



Info & Support Helpline: **01702 303232**

Email: **info@sosrc.org.uk**





Contact us.....

SOS Rape Crisis is a specialist service that is here to support children and adults who are survivors of sexual abuse—whether it has happened recently, a long time ago or is still happening.



Education & Awareness Raising:

SOS Rape Crisis offers workshops and presentations to professionals, schools and colleges to raise awareness.

Events, campaigns and surveys also help to raise awareness as well as give survivors a voice in the development of our support services.



If you have experienced any form of sexual violence—be it current, recent or historic:

We are here to listen to you, to believe you and to support you.



Office: **01702 667590**
Information & Support Helpline
01702 303232



Email: info@sosrc.org.uk
Web: www.sosrc.org.uk

Donations...

*SOS Rape Crisis is passionate about providing a **free service** to survivors of sexual violence in our community but we cannot do that without support.*

If you would like to make a donation, however large or small, please contact:
info@sosrc.org.uk or call us on **01702 667590**.

Thank you!



SOS Rape Crisis is a specialist service that is dedicated to supporting survivors who have experienced sexual abuse in our community.



www.sosrc.org.uk
Office: **01702 667590**

Information & Support Helpline:
01702 303232

National Helpline: 0808 802 99 99

*SOS Rape Crisis is a registered charity.
Charity Number 1143021*