

# SYNERGY

Essex Partnership of Rape Crisis Centres

**Synergy Essex provides information and support services for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives.**

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 three Rape Crisis Centres comprising of South Essex Rape and Incest Crisis Centre (SERICC), Southend Rape Crisis Centre (SOSRC) and mid and north Essex Centre for Action on Rape and Abuse (CARA).



# Independent Sexual Violence Adviser Services

Independent Sexual Violence Advisers (ISVAs) are trained to provide emotional and practical support to survivors of rape, sexual abuse and sexual assault who have reported to the police or are considering reporting to the police.

The Essex ISVA service can help you with a range of things depending on your needs and what kind of support you would like. They can:

- Provide you with information on the criminal justice process from what you can expect if you report and through the police and court processes.
- Support you through the criminal justice system e.g. communicate with the police or support at court.
- Give you information on other services and accompany you to your first appointment.
- Liaise with other agencies on your behalf e.g. education, employers, social care.
- Help you to think about your safety and what can be done to improve your safety.

 0300 003 7777

 [synergysessex.org.uk](http://synergysessex.org.uk)

 [support@synergysessex.org.uk](mailto:support@synergysessex.org.uk)

# The next steps

## 1. Contact us

You can phone 0300 003 7777 or email us [support@synergysessex.org.uk](mailto:support@synergysessex.org.uk) to make a self-referral or an agency supporting you, such as the police, can contact us on your behalf. This can be done by completing the online referral form [www.synergysessex.org.uk](http://www.synergysessex.org.uk)

## 2. First contact

We will contact you by phone or email. We aim to do this within two working days of receiving your referral. If the ISVA service seems the right service for you, we will offer a meeting at a time to suit you.

## 3. What support you may need

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.

## 4. Support begins

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

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