

*Need to talk?*

*Need support?*



Partnership of Rape and Sexual Abuse Specialist Services

We provide a specialist service to victims and survivors of sexual abuse and violence by offering emotional support, counselling and criminal justice advocacy for adults, children, young people, their families and supporters.



You can telephone us on **0300 003 7777** and speak to a **First Contact Navigator** to find out more about our services or you can contact our centres directly.

When you ring for the first time we will offer to send you information if it's safe to do so. You will be contacted by a member of our team to talk to you about your needs and how we can support you.

If you are thinking about or have reported a sexual offence to the police, you may want information or practical support from our **Independent Sexual Violence Adviser Services (ISVA)**.

*You can contact us by:*



*calling*

**0300 003 7777**



*emailing*

**Hello@synergy-east.org.uk**



*completing the online referral form*

**synergy-east.org.uk**

In partnership with



Cambridge Rape Crisis Centre



Peterborough  
Rape Crisis  
Care Group



Rape and Sexual Abuse  
Specialist Service



Southend Rape and Sexual Abuse Specialist Service