

# SOSRC

[www.sosrc.org](http://www.sosrc.org)



**Office Number: 01702 667590**

**Email Address: [info@sosrc.org](mailto:info@sosrc.org)**

SOSRC provides confidential specialist support services in Southend, Castle Point and Rochford.

Our office hours are 9am - 5pm Monday - Friday. If you need support out of these hours please look over the page to see support services you can contact.

If you would to know how we keep your information and what we do with it please visit our website at:  
<http://www.sosrc.org/privacy-notice/>



# Support Information

Our **National Support Helpline** is open everyday between 12:00pm - 2:30pm and 7:00pm - 9:30pm : 0808 802 9999

**Samaritans** are open 24 hours a day, 365 hours a day - Free Phone 116 123

**If you are feeling suicidal or at risk and need immediate support please contact the emergency services on 999**

The **National Stalking Helpline**, open Monday to Friday  
9:00am - 4:00pm: 0808 802 0300

**Compass** - Domestic Abuse services helpline open  
Mon-Fri 8am-8pm / Sat & Sun 8am-1pm:  
0330 333 7 444

