

# SOSRC

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

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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

Text **SHOUT** on 85258 to get support for free

**Childline** are open 24/7 and you can call them for free for support on 0800 1111

Call **HOPELINE UK** for free (open 9am to midnight) if you have thoughts about suicide on 0800 068 4141

You can contact the **emergency services on 999** if you are suicidal and at immediate risk.

