

# SOSRC

## OUT OF HOURS SUPPORT INFORMATION

**IF YOU ARE IN DANGER OR NEED URGENT MEDICAL  
ATTENTION - PLEASE CALL 999**

**RCEW National Support Line - 0808 500 2222 - open 24/7**

**Samaritans - 116 123 - open 24/7**

**Compass (Essex) Domestic Abuse Helpline - 0330 3337 444**  
(open Mon-Fri 8am-8pm / Sat-Sun - 8am-1pm)

**The National Stalking Helpline - 0808 802 0300**  
(open Mon-Fri 9am-4pm)

**NHS Mental Health Service**  
(If you need urgent help for your mental health call **111** - option 2)

# SOSRC

If you would to know how we keep your information and what we do with it please visit our website at:

**SOSRC.ORG.UK/PRIVACY-POLICY**

or you can ring the office on **01702 667590** and request more information.

SOSRC recognises that there may be times when our staff, trustees or third parties working on our behalf make mistakes or get things wrong. If you would like to discuss any concerns or complaints you can find information and our policy online:

**SOSRC.ORG.UK/RESOURCES**

or you can ring the office on **01702 667590** and request further information.