



Providing specialist support
for victims and survivors of
sexual violence and abuse

CARA provides specialist support for women and men, young people and children who are victims and survivors of any type of sexual violence or abuse, either recently or in the past.

We work across mid and north Essex.

Our support includes:

- **ISVA (Independent Sexual Violence Adviser)** support through the criminal justice process and advocacy
- Specialist counselling for **adults**
- Specialist counselling and support for **young people**
- Play therapy for **children under 12**, and support for their **families**

You can contact **CARA** by:

- Leaving a message on our 24-hour answerphone:

01206 769795

- Filling in our online self-referral form:

Visit **www.caraessex.org.uk**



GPs, social workers, mental health workers, police officers and other professionals can refer clients to **CARA** using our online referral form for professionals. You can find it on our website: **www.caraessex.org.uk**