

What is the PSA Service?

Our Post Sexual Abuse (PSA) Service provides specialist therapeutic support to children and young people who have experienced sexual abuse.

We focus on addressing trauma distress symptoms with the aim to improve mental health, emotional wellbeing, and stability.

We aim to involve parents and carers in our work, as we recognise that they are vital to supporting their child's recovery. For very young children, we will usually provide support to their parent/carer only.

This service is available to children and young people up to the age of 18 living in Leicester, Leicestershire, and Rutland. Support can be offered up to the age of 25 if the young person is a Looked After Child or has SEND.

What we offer:

- **Up to 24 weeks of therapeutic support** for children, young people, and their families.
- **A support group for parents and carers** whose children have experienced sexual abuse.
- **Holding support** – providing regular contact, advice and resources for those on our waiting list.
- **Advice and signposting** to direct families to other appropriate services.
- **Professional consultations** for those who are working with children and families where sexual abuse is a concern.

How we work

Our work will involve a detailed assessment, a support plan with set therapeutic goals, and a mixture of both one-to-one and joint family sessions.

We create a safe space for children to share their feelings and explore ways to manage those feelings. This could be through psycho-education, therapeutic techniques, developing coping strategies, or by using creative activities and games.

The service is child-focused and ensures every young person is involved in planning the support they receive.

How to make a referral

Our referral form can be accessed by scanning the QR code below or by visiting our website: www.family-action.org.uk/psa

We accept referrals from professionals such as those working in the local authority, schools, mental health services, or other voluntary organisations.

Families can self-refer using our online form or by contacting us to complete a referral over the phone.

Young people aged 16 or over can self-refer for confidential one-to-one work.

Scan here to access our referral form:



About us

We provide specialist therapeutic support for children and families who have been affected by sexual abuse.

This is a free, confidential service available for those living in Leicester, Leicestershire, and Rutland.

About Family Action

Family Action works from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to individuals and families.

family-action.org.uk



Post Sexual Abuse (PSA) Service Leicester


Contact us

Family Action Post Sexual Abuse Service

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 www.family-action.org.uk/psa

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