

About us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

Service address

Family Action
PSA Service
Fosse Neighbourhood Centre
Mantle Road
Leicester LE3 5HG

Tel: 0116 216 8334

Email: Leicester@family-action.org.uk

Web: www.family-action.org.uk/psa

Family Action Post Sexual Abuse Service

Supporting children and young people up to the age of 18* who have experienced sexual abuse.



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Vice Patrons: Christine Davies CBE. Dr Andrew McCulloch. Dame Denise Platt DBE. Katie Vanneck-Smith.
Professor Harriet Ward CBE.

**Up to age 25 where there is SEN or LAC status*

www.family-action.org.uk

Post Sexual Abuse Service

Family Action's Post Sexual Abuse (PSA) service supports children and young people who have experienced sexual abuse, and their non-abusing parents/carers.

This is a free and confidential service which is delivered by qualified and experienced social workers who provide therapeutic support to children and young people.

Aims

The service aims to help children and their parents/carers to understand and manage trauma symptoms, and to improve self-esteem, self-worth, and mental health and wellbeing.

Support also focuses on how the family is functioning, to empower parents/carers to help their child to cope. Parents and carers are recognised as fundamental to the life journey of recovery for each child and young person.

Where the work takes place

The service is delivered at our Family Action offices or at a suitable location agreed by the family, such as at school or a community centre. Some sessions may take place at home if appropriate.

How we work

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

Our work usually consists of a detailed assessment, a support plan with set goals, and a mixture of one-to-one and family sessions. We offer information and resources as well as a telephone support line when our work comes to an end.

What we offer

We provide therapeutic support for children up to the age of 18, unless they have SEN or LAC status, when support is available up to age 25. We aim to involve parents and carers throughout our work. The length of work can vary from 6 weeks to a maximum of 24 weeks. This will depend on the circumstances of each referral.

We teach a variety of coping strategies to help manage feelings, as well as providing direct work around trauma distress and attachment-based family functioning, to help children feel less alone and to understand that they are not responsible for what has happened.

Professional consultations

We offer specialist advice and support for those who are working with, or may work with, families where sexual abuse is a concern. This can take place face-to-face, online, or over the phone, as a one-off session or multiple appointments.

Making a referral

We accept referrals for families in the Leicester, Leicestershire, and Rutland area.

Families can be referred by professionals such as GPs, CAMHS, schools, children's services, or voluntary organisations. Parents/carers can refer themselves.

Young people aged 16 or over may also self-refer.

Referral forms can be downloaded via our website at www.family-action.org.uk/psa. Families may self-refer over the phone by calling **0116 216 8334**.

We accept re-referrals for families that we have previously worked with as we recognise that recovery can be a lifelong journey.

Due to demand for the service we operate a waiting list. Referrers will be advised of an approximate waiting time when a referral is received.

For more information please visit our website:

www.family-action.org.uk/psa

