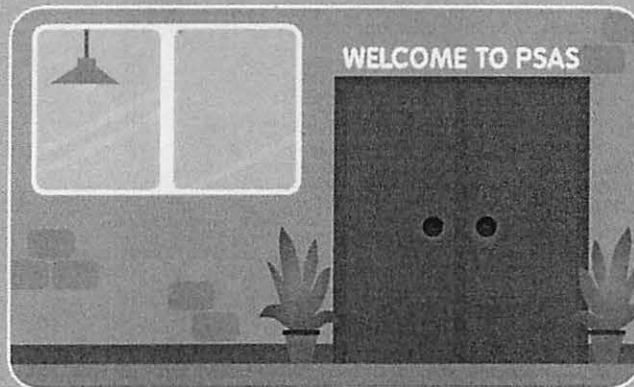


# About your visit to PSAS



**West Midlands Paediatric  
Sexual Assault Service (PSAS)  
Information for children.**

**PSAS: 0800 953 4133  
[www.bhamcommunity.nhs.uk/PSAS](http://www.bhamcommunity.nhs.uk/PSAS)  
Twitter: @WM\_PSAS**

A separate leaflet is available for  
young people and for professionals.

## What is PSAS?

Doctors can be experts in different bits of the body. PSAS is a special service for children who need a doctor who knows about "privates" ("girl bits" or "boy bits").

There are lots of reasons why you might come to see us.

Maybe your privates are sore, or you might have told us that someone has hurt you. Sometimes it's because someone else is worried about you.

PSAS is the best place to get a check-up.

**Remember it's your body  
and your choice!**

**You tell us when you are ready,  
and you are in charge  
of what we do.**

## What is going to happen today?

All children who visit PSAS are looked at by a doctor.

When you first arrive you can play or watch TV in our waiting room.

A support worker will check with the doctor to see if you can eat and drink.



The doctor will talk to the police officer, if you have come here with one. Then the doctor will talk to the grown-up who came with you. The doctor will also want to talk to you.

The police officer may stay in the room to help the doctor, from behind a screen.

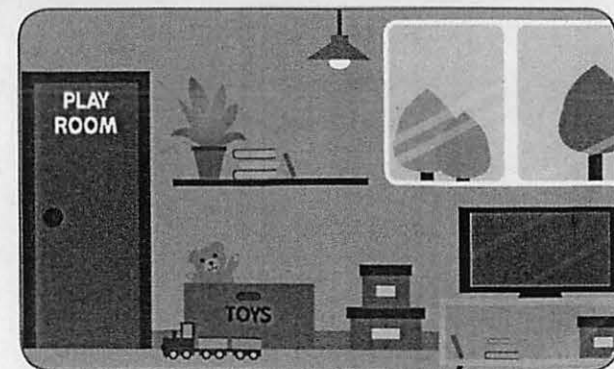
A support worker will stay and play with you.

The doctor will need to look at your body to make sure you are ok. The grown-up who came with you will stay with you if you want them to. A support worker will also stay with you. The doctor may need to look at your privates with a special light.

After you have been checked over, you will wait a little while longer in the play room while the grown-ups talk.

If you couldn't have a snack when you first came, now you can. A support worker will get this for you.

If you want to ask any questions a support worker will be there to help you.



# We are here for you

# PSAS is delivered by:

If you are worried or upset, it's OK to tell someone how you're feeling.

All staff at PSAS will do their best to make sure you feel looked after.

Hello!



## Helpful contacts

Child Line: Tel: 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Samaritans: Tel: 116 123  
[www.samaritans.org](http://www.samaritans.org)

Young Minds: Tel: 0808 802 5544  
[www.youngminds.org](http://www.youngminds.org)

Frank: Tel: 0300 123 6600  
[www.talktofrank.com](http://www.talktofrank.com)

NSPCC: Tel: 0800 800 500  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

**NHS**

Birmingham  
Community Healthcare  
NHS Foundation Trust

**NHS**

Coventry and  
Warwickshire Partnership  
NHS Trust

**NHS**

The Royal Wolverhampton  
NHS Trust

**NHS**

University Hospitals  
of North Midlands  
NHS Trust

**NHS**

Worcestershire  
Health and Care  
NHS Trust

West Mercia  
Rape & Sexual Abuse  
Support Centre

 **CRASAC**  
COVENTRY RAPE AND SEXUAL ABUSE CENTRE

 **G4S**



**Birmingham  
Community Healthcare**  
NHS Foundation Trust

# **West Midlands Paediatric Sexual Assault Service**

**Delivering Best Care,  
Preserving Best Evidence**

## **Information for young people**

A separate leaflet is available  
for children, and for professionals



*Better Care: Healthier Communities*

**West Midlands Paediatric Sexual Assault service (PSAS) offers a caring, confidential service for young victims of sexual assault, in a safe and comfortable environment. We are focussed on your individual needs, and will talk everything through with you.**

#### **Where will I be seen?**

You will be seen in one of our welcoming, purpose-made centres.

If you need to be seen very soon, you will be seen at the **Horizon Centre** in **Walsall**. You can be seen here 24/7.

It might be important to see you quickly for health reasons (e.g. for the 'morning after pill', or to prevent infections), or for look for evidence to help the police, or both.

If it is ok to wait a few days or weeks, we can offer you an appointment closer to you at one of our other centres:

- **New Cross Hospital**, Wolverhampton
- **Blue Sky Centre**, George Eliot Hospital, Nuneaton
- **Oasis Suite**, Birmingham Children's Hospital, Birmingham
- **The Glade**, Bransford, Worcester
- **Grange Park**, Cobridge, Stoke-on-Trent

**You can say 'no' to any part of the examination - we will always respect your wishes.**

#### **What happens while I am at the centre?**

Each visit is different but, on average, it takes around three hours to complete. A crisis worker will be with you throughout. This is someone who is specially trained to support you.

You will be seen by a specialist doctor, who will explain everything they do and answer all your questions. They will offer you a head-to-toe examination. The doctor may take swabs - these are like cotton buds and do not hurt. They may offer you a blood test, and will assess whether you have any other health needs.

#### **Why should I be examined?**

The most important reason is for your health. Most young people tell us they found getting a 'check-up' was reassuring and they felt better afterwards.

It is also important to look for evidence to help the investigation. This can mean forensic samples (like DNA swabs, hair or fibres), and documenting any injuries to your body or genitals. We want you to know however, that after a sexual assault most young people will not have injuries.

#### **What if the assault was a long time ago?**

We would still like to see you. Having a health check-up is important, and sometimes old injuries can be seen, even years later.

#### **Can my Mum/friend/carer stay with me?**

Yes! You can choose who you want to stay in with you when you are talking to us, and when you are being examined. You can also choose NOT to have them in, if you prefer.

#### **What if I don't want to involve police or children's services?**

We need to make sure you, and others, are safe. Sometimes we need help from police or social services to do this. We will talk this through with you and try to agree the best way forward. It is sometimes possible for forensic samples to be taken and kept securely at the centre while you decide whether to report the allegation to the police for criminal investigation.

#### **What if I change my mind?**

**It's your body and your choice. Nothing will be done without your consent.**

We will put you in control of the examination: if at any point you are not sure whether you want to carry on, just ask to stop and we will take a break. The doctor or crisis worker will explain what remains to be done and you can ask questions to decide whether you wish to continue.

#### **Can I be tested for sexually transmitted infections (STIs)?**

Yes! The right time to do this will depend on what has happened to you. You may be able to have your STI screening when you visit us, as part of the physical examination.

However it can take a few weeks for infections to show up, so sometimes it is best for us to make you another appointment in a few weeks' time. The doctor will talk this through with you.

#### **What happens after the examination?**

We will make sure you are supported. You, or your carer, will get a phone call from one of our crisis workers a day or two after your visit, to see how you are and arrange any follow-up you need.

## Counselling support

Counselling can include talking, playing, artwork - it depends what works best for you. The aim is to provide a 'safe space' in which you will be heard, believed and accepted and an opportunity to express your feelings about what has happened to you. You will never be pressurised into talking about something you do not want to discuss.

We work with children and young people aged five to 17, and the parents and carers of children aged below five years old. A number of different locations are available so that we can find a convenient place that is comfortable and feels safe for you.

## The care and assessment provided by PSAS include:

- physical examination
- collection of forensic evidence
- screening and treatment for sexually-transmitted infections
- emergency contraception and
- counselling and support package.

## PSAS service contact details:

Telephone: **0800 953 4133** (a single point of contact, 24 hours a day, 7 days a week, 365 days a year).

Email: **PSASWestMids@uk.g4s.com.cjism.net**

Web: **www.bhamcommunity.nhs.uk/PSAS**

Twitter: **@WM\_PSAS**

The service is for all children and young people in the West Midlands who are victims of sexual assault or where there is suspected sexual abuse.

PSAS will treat all information that you share with us as confidential and store it safely and securely. There may be occasions when other agencies such as the police or social services will need to be informed if we think you are at risk of harm.

PSAS is delivered by:



**Birmingham  
Community Healthcare**  
NHS Foundation Trust



**Coventry and  
Warwickshire Partnership**  
NHS Trust



**The Royal Wolverhampton**  
NHS Trust



**University Hospitals  
of North Midlands**  
NHS Trust



**Worcestershire  
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