
Confidants

Confidants, such as family, partners and friends, can always email or call the ZSG (Care Centre after Sexual Assault) for tips or support.

If the ZSG psychologist decides with the victim that therapy could be healing, the confidants can also be involved.

ZSG regularly organises information sessions.

You will receive information about how to deal with what happened as a partner, parent, child, family member or friend of a victim. Contact the ZSG for the dates of these info sessions.

Contact

Victims and confidants can call, email or come directly to the ZSG.

Care Centre after Sexual Assault UZ Ghent

C. Heymanslaan 10
9000 Ghent
Ingang 47 Entrance 47

Tel. 09 332 80 80
zsg@uzgent.be

Public transport: tram 4 (terminus UZ), bus 5 (stop UZ)

There are also Care Centres after Sexual Assault in Brussels (tel. 02 535 45 42, cpvs@stpierre-bru.be) and Liège (tel. 04 367 93 11, cpvs@chu.ulg.ac.be).

More info

www.seksueelgeweld.be

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CARE CENTRE AFTER SEXUAL ASSAULT

WHAT?
FOR WHOM?
WHERE?



CARE CENTRE AFTER SEXUAL ASSAULT

What does the Care Centre after Sexual Assault do?

The Care Centre after Sexual Assault (ZSG) of Ghent University Hospital offers all possible assistance in one place for victims of sexual assault. Every victim of sexual assault can get help, day and night:

Medical care

- Care of injuries and lesions
- Medical examinations
- Treatment of the physical, sexual or reproductive consequences of sexual assault

Psychological care

- The first psychological concerns: we offer a listening ear, explain the normal reactions after a shocking event, and advise you on how to deal with it.
- Further guidance from the ZSG psychologist

Forensic investigation

- Determination of injuries
- Investigation for traces of the attacker
- Collecting evidence for a possible indictment and trial

Filing complaint

If you wish, you can file a complaint at the ZSG with the help of specially trained inspectors from the police.

Follow-up care

- Medical follow-up of any medication or injuries
- Psychological follow-up during the recovery process
- Coordination of aftercare and referral to psychological, social and legal services that can help you.

Team

Our team consists of specially-trained forensic nurses who work with other specialists such as emergency doctors, gynaecologists, urologists, paediatricians, geriatricians, psychiatrists and specially trained ZSG psychologists. Confidants who accompany a victim can also turn to the forensic nurses for initial care, information and advice.

When can you register?

What we can do for you depends on the time between the sexual assault and registering:

Less than 72 hours

If the sexual assault took place less than 72 hours ago, you can come to the ZSG, call or email. You will immediately receive the necessary medical, forensic and psychological care. If you wish, you can file a complaint at the ZSG with the help of specially trained police inspectors.

More than 72 hours ago

If the sexual assault took place more than 72 hours ago but less than one month ago, you can call or email for an appointment. We can then examine which medical and psychological care and forensic examination might be possible and who can best provide which care. To file a complaint, you can make an appointment with the police or the ZSG.

More than a month ago

If the sexual assault took place over a month ago, it's best to make an appointment. We will then examine what medical and psychological care is possible and, if possible, refer you to services that offer care outside the hospital. To file a complaint, you can make an appointment with the police.

Important tips

Follow these tips to preserve the traces of sexual assault as much as possible.

- Come to the ZSG immediately. Know that after 72 hours there is little or no trace left that can be used for forensic investigation.
- Don't wash or shower, even if that's the first thing you want to do.
- Try not to drink or rinse your mouth if there has been oral contact.
- Try not to urinate. If you need to urinate urgently, collect the urine in a pot and bring it to the ZSG.
- Avoid physical contact with other people.
- Keep the clothes you wore during the sexual assault on or put them in paper bags and bring them to the ZSG. Do not put them in plastic bags.
- If there are sheets with possible traces (e.g. semen) from the suspect, put them in a paper bag as well and bring them to the ZSG.
- If, after the sexual assault, you have cleaned yourself with paper, something else or put a sanitary towel in your panties, put them in a paper bag as well and bring them to the ZSG.
- Bring clean clothes if possible. After the forensic examination, you can take a shower at the ZSG and put on clean clothes. Don't worry if it is not possible to bring clean clothes. The ZSG has replacement clothing. Or somebody can bring you clean clothes.

It has been proven that victims who receive all-encompassing care have a greater chance of recovery, they also recover more quickly, and are less likely to become victims of sexual assault again.