

CROSSREACH

Care you can put your faith in

CrossReach Counselling

Perinatal Counselling & Therapy



Confidential Counselling & Therapy Support for Parents & Families

We're here to support you

Having a baby (babies) is a challenging time in any parent's life; 2 in every 5 parents experience emotional difficulties during pregnancy and early parenthood. Undetected and untreated the effects can go on for years and impact the whole family.

Are you feeling:

- Angry • Anxious • Ashamed • Confused • Depressed • Despairing • Disappointed • Exhausted • Frightened • Guilty • Helpless • Irritable • Isolated • Judged • Powerless

- Sad • Stressed • Suicidal • Tearful • Tense • Tired • Traumatized • Worried

Are you experiencing:

- Changes in appetite and behaviour
- Confusing thoughts and feelings about your baby
- Loss of confidence
- Changes in sexual appetite
- Low self-esteem and mood swings

Whether you're already a parent, pregnant, a single parent, in a relationship or not, CrossReach Perinatal Services are here to support you.

We offer a self-funded counselling service at £60 per session, providing fast and flexible access to one of our counsellors.



For three decades CrossReach Perinatal Services have helped parents and their babies to move forward secure a positive future*.



- Counselling & Psychotherapy
- Relationship & Family Counselling
- Perinatal Training & Consultancy
- Relaxation & Yoga Groups
- Telephone Support
- Art Therapy
- Music Therapy
- Therapy Groups
- Baby Massage
- Crèche

Please be aware that not every service offers all of the supports listed above

How we work:

- Professionally trained specialist perinatal counsellors and therapists
- Weekly appointments
- Safe, non-judgemental confidential space
- Donation based & **fixed fee** (self funded) services available

Our main services are located at:

Bluebell Perinatal Service: Tom Allan Centre

23 Elmbank St, Glasgow G2 4PB

T: 0141 221 1535;

E: bluebell@crossreach.org.uk

Opening Times:

Monday to Thursday 9am to 4.30pm

CrossReach Perinatal Service: Palmerston Place

8a Palmerston Place, Edinburgh, EH12 5AA

T: 0131 538 7288

E: pnd@crossreach.org.uk

Opening Times:

Monday to Thursday 9am to 5pm

CrossReach Counselling Moray Service based in Buckie

1 Burnside Court, Buckie, AB56 1EG

T: 01542 835751

E: moray.counselling@crossreach.org.uk

Opening Times:

Monday, 9am to 5.30pm; Tuesday 9am to 5pm; Wednesday 9am to 7pm; Thursday 9am to 5.30pm, & Friday 9am to 1pm

* Not all services are available in every location. Community hubs are available in some areas. Please contact your nearest service for more information

One client said:

"A fantastic service that is truly valuable and has been supportive throughout. Has really helped us as a couple dig into the difficult areas to gain self-awareness and the ability to use the tools provided by our counsellor. The crèche space has also been wonderful and caring."

About us

At CrossReach we believe that with the right support Scotland's children, young people and families can thrive and succeed. We have been at the forefront of high quality care for 150 years and today we are one of the largest care providers in Scotland. CrossReach is the operating name of the Church of Scotland Social Care Council.

