

One client said:

"Counselling has helped me to understand and to accept myself. It has transformed my view of how my life in recovery is supported by all of my life experiences rather than my recovery being somewhat independent of my previous life."

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.

Simpson House Counselling & Recovery

Counselling & Recovery



**CrossReach Simpson House
Counselling & Recovery**

Simpson House
52 Queen Street
Edinburgh EH2 3NS

Tel: 0131 225 6028
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crossreach.org.uk  

CRXX0014



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

Counselling & Recovery: A Confidential Service

Simpson House Counselling & Recovery is a confidential service for those affected by their own or someone else's past or present drug use

We are an inclusive service and welcome people of all ethnicities, cultures, gender identities, sexual orientations and religious backgrounds.

Recovery appointments

Recovery appointments use CBT (Cognitive Behavioural Therapy) tools

to help you explore issues and develop skills in your recovery. Sessions are one-to-one and individually tailored for you.

They may include:

- Managing anxiety
- Dealing with unhelpful thoughts
- Relapse prevention
- Preparing for change
- Rebuilding your life
- Developing awareness of self-worth

Counselling is a space for you to explore your thoughts and feelings on issues relating to your own or someone else's drug use

This may be looking at the way your life is affected by it. It could be exploring past experiences which led to drug use.

We work on issues such as:

- Trauma
- Loss
- Bereavement
- Abuse (emotional, sexual, physical)
- Anger
- Relationships
- Anxiety
- Self-worth

Your counsellor works with you at a comfortable pace.

Accredited Service:

We work closely with ELCA and Crew 2000 and are funded by the Edinburgh Alcohol & Drug Partnership. This funding does not cover the full cost of running the service. Your worker will discuss financial donations at your welcome meeting.

All our practitioners are either, qualified and registered with a PSA-recognised professional body, or in the process of gaining their qualification. The PSA, or Professional Standards Authority, assesses organisations that register health and social care practitioners (e.g. BACP, COSCA, BAAT, UKCP) so that you can choose a practitioner to meet your needs with confidence.



Contact us:

If you'd like to arrange a welcome meeting or have any questions please give us a call.

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