

**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.

- Perinatal Service West, Glasgow:  
0141 221 3003
- Perinatal Service East, Edinburgh:  
0131 538 7288
- Perinatal Service North, Buckie:  
01542 835751



The Church of Scotland  
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

[www.crossreach.org.uk](http://www.crossreach.org.uk)



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**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

## You're not alone

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

**For three decades CrossReach Perinatal Services have helped parents and their babies to move forward to 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

## How we work:

- Professionally trained specialist perinatal counsellors and therapists
- Weekly appointments
- Safe, non-judgemental confidential space
- Donation based & Fixed Fee services available

## Our main services are located at:

### Bluebell Perinatal Service: Tom Allan Centre

23 Elmbank St, Glasgow G2 4PB

T: 0141 221 3003;

E: bluebell@crossreach.org.uk

Opening Times:

Monday to Thursday 9am to 4.30pm

### CrossReach Perinatal Service: Simpson House

8a Palmerston Place, Edinburgh, EH12 5AA

T: 0131 538 7288

E: @crossreach.org.uk

Opening Times:

Monday to Thursday 9am to 5pm

### CrossReach Counselling: Moray

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.

