

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 9pm

CrossReach Perinatal Service: Simpson House

52 Queen St, Edinburgh, EH2 3NS
T: 0131 538 7288
E: @crossreach.org.uk
Opening Times:
Monday to Friday 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.

