

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



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CrossReach Counselling

Perinatal Counselling & Therapy



Confidential Counselling & Therapy Support for Parents & Families

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 are 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

We offer:

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

Our main locations:

Bluebell Perinatal Service: Glasgow

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: Edinburgh

52 Queen Street, Edinburgh EH2 3NS
8A Palmerston Place, EH12 5AA
T: 0131 538 7288
E: pnd@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 8pm; Tuesday 9am to 5pm; Wednesday 9am to 7pm; Thursday & Friday 9am to 3pm

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

