CROSSREACH

Care you can put your faith in

CrossReach Counselling Perinatal Service East

Self-funded Service

About us

CrossReach Perinatal Counselling is in its 4th decade of delivering specialist counselling support to new and expectant mothers, fathers and carergivers.
Our dedicated team of therapists offer weekly counselling and art therapy both pre and postnatal from our central Edinburgh base. Clients can refer themselves or through a health professional from pre-birth to 3 years.
Our specialist counsellors support the perinatal mental health and wellbeing of the whole family and have years of experience in working with anxiety, depression, birth trauma, bonding, isolation, loss of self and the stress of transitioning into parenthood.
This self-funded pathway helps to support our charitable counselling service for families who have fewer resources to access counselling.

What we offer

We offer a confidential space to discuss worries and concerns. Below are some of the options we offer:

- 1:1 Counselling and Therapy
- Prenatal Counselling for expectant parents
- Creche space for your little one whilst you are in counselling
- Parent and Infant groups

Our team of skilled perinatal counsellors and therapists are here to help you find a way to tell your story and explore your difficulties.

Over time, counselling and therapy can help improve the longer-term wellbeing and mental health effects on the whole family.
We are very unique and offer our clients childcare in our registered crèche to support access to their counselling.

What can you expect?

To make sure that we are the right service for you we offer you an 'Initial Appointment' discussion where you will be able to meet with one of the team to tell us a little more about what has brought you to counselling and to explore what service might be good for you. This is an opportunity for you to ask any questions you may have. If the service is suitable and you would like to go ahead you will then be offered a weekly 50 minute one to one session with a Counsellor or Art Therapist.

Both the counselling and crèche are located at our Perinatal base at 8A Palmerston Place, Edinburgh.

How do we ensure a quality service?

We make sure that our counsellors have the right qualifications and registrations so that you get the best possible service. All our counsellors are qualified to at least diploma level and the counselling sessions follow guidelines set out in the COSCA Statement of Ethics and Code of Practice and the BACP Ethical Framework for Good Practice in Counselling and Psychotherapy, as well as our own Operational Policies and Complaints Procedure.

As well as being registered with the Care Inspectorate, our childcare workers are all registered with the Scottish Social Services Council and follow the Codes of Practice. Our workers and volunteers are all registered with the Protecting Vulnerable Groups (PVG) scheme, through Disclosure Scotland. A copy of our most recent inspection report can be accessed on the Care Inspectorate website.

Fees

Sessions are provided at a rate of £60 per session (£65 with crèche).
We ask for payments to be made in 3 instalments (4 sessions per instalment) giving a total of 12 sessions initially. These instalments are paid for in advance and the 'Initial Appointment' is charged at a reduced rate of £45.

You will also be offered information about our parent and infant relationship support groups on offer including Infant Massage and Stay and Play.

Get in touch

For more information, availability and pricing:
pnd@crossreach.org.uk
0131 538 7288

By opting for our Self-Funded route you are helping to support our charitable counselling service, enabling families who have fewer resources to access the help they need.

The Church of Scotland
Social Care Council
Operating as CrossReach, Scottish Charity No: SC011353

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