CrossReach Perinatal Service
Wallace House
3 Boswall Road
Edinburgh
EH5 3RJ
t: 0131 538 7288
e: pnd@crossreach.org.uk

Bluebell Perinatal Service
The Tom Allan Centre
23 Elmbank Street
Glasgow
G2 4PB
t: 0141 221 3003
e: bluebell@crossreach.org.uk
Support for you

Having a baby (babies) is a challenging time in any parent’s life. At least 1 in 6 parents experience significant 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
- Traumatised
- 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 are already a parent or pregnant, a single parent, in a relationship or not, CrossReach Perinatal Services are here to SUPPORT YOU.

For 3 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 are here for you

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

You are not alone - Contact us

“These sessions have changed how I feel about myself, my baby, my relationship. I now see a future for us all. Thank you!” Belinda