

CrossReach Perinatal Services

CrossReach Perinatal Service

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The Church of Scotland
Social Care Council



Operating as CrossReach, Scottish Charity No: SC011353

www.crossreach.org.uk



CR0169

Children and Family Services





CrossReach Perinatal Services work with over 200 families every week



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 ● 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 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