

## How Can You Help?

There are numerous ways that you can support Lifeline's work by donating time, money and good quality second hand items.

### Financial

**Lifeline** needs money to run our services. We receive no statutory funding, so we are dependent on donations to keep our doors open. We would be grateful if you could:

- Set up a standing order
- Make a one-off donation
- Organise a fundraising event on our behalf
- Be sponsored to take part in an event
- Hold a coffee morning

### Practical

**Lifeline's** Practical Aid service is only possible due to the generous donations of baby clothes and equipment that we receive from the public. If you have any good quality items that would be helpful to our clients, please get in touch.

Lifeline runs a charity shop on Gorgie Road, Edinburgh, and we are always looking for good quality items to sell. See our website or Facebook page for more information.

We are always grateful to receive any handmade items for our clients, such as knitted clothing and blankets.

**0131 557 2060**

**0790 44 99 320**

**[info@lifelinescotland.org.uk](mailto:info@lifelinescotland.org.uk)**  
**[www.lifelinecounselling.org](http://www.lifelinecounselling.org)**

## How To Find Us

**Lifeline Pregnancy Counselling (Scotland)**  
**24A Haddington Place**  
**Edinburgh EH7 4AF**

**[info@lifelinescotland.org.uk](mailto:info@lifelinescotland.org.uk)**  
**[www.lifelinecounselling.org.uk](http://www.lifelinecounselling.org.uk)**



**Buses:** Nos 7, 10, 11, 12, 14, 16, 22, 25, 49 all stop on Leith Walk and 3 minutes walk from the Lifeline Centre.

Nos 1, 4, 5, 15, 19, 26, 34, 44, 45 stop at junction of London Road and Leith Walk and 5 minutes from the Lifeline Centre.

**Parking:** There is metered parking up to 4 hours on the surrounding streets, and one hour's free loading outside the building.

**LIFELINE**  
PREGNANCY COUNSELLING (SCOTLAND)



**Lifeline offers free services:**

**A professional, specialist counselling service** for adults with concerns about pregnancy-issues, childbirth, miscarriage, termination, stillbirth & post-natal depression.

**Practical Aid** with a supply of baby clothes & equipment (up to two years).

**Pregnancy Testing**

**Opening times**

**Monday, Tuesday, Wednesday & Friday**  
**9.30-3.30**

**Closed Thursday**

**0131 557 2060**

# What Is Counselling?

Our counselling service offers a safe and supportive relationship in which clients can explore, and make sense of, their own thoughts and feelings. Counsellors are trained to respond sensitively and effectively to clients who may be deeply distressed, or who may disclose powerful feelings. This requires a high level of self awareness on the part of practitioners, as well as specific therapeutic skills and theoretical knowledge. Counselling may lead to change and empowerment as individuals realise their own potential and manage their emotions with greater resilience.

We offer each client a regular weekly session that is a protected space for developing a relationship with the counsellor. Our volunteers are fully trained, or in their final year of training, and have been approved for practice by their accredited place of study.

**Lifeline** is an accredited member of **COSCA**, the professional organisation that regulates counselling in Scotland.

All volunteer counsellors working at **Lifeline** are required to undertake extensive reading and research into pregnancy related issues.



# Counselling Services

**Lifeline** offers both long and short term counselling. Waiting times may vary but we aim to see you as soon as possible. Please contact us for an appointment.

**Specialist Counselling** for those who have concerns about pregnancy, fertility, post-natal depression, miscarriage, stillbirth or termination. This often leads into broader areas of life, and our long term approach allows for improved awareness and experience.

**Fast-Track Counselling** for women with immediate concerns or choices surrounding their pregnancy. We are often able to see clients within 48 hours of a fast-track request.



# Counselling Is Free

It costs Lifeline £40 to provide one counselling session. We do not charge a fee; however, we do ask clients to make a donation toward this cost, according to their means. **No-one is turned away because they are unable to make a donation.** All clients receive the same welcome and quality of service. We are not able to refer directly for terminations.

# Practical Assistance

**Lifeline** offers free material help for families in financial hardship. All items are donated; items are good quality, second-hand, and some are brand new. Please speak to your midwife or health worker about a referral to us.

## **We Can Help With:**

- New baby starter pack of clothes and equipment
- Baby and toddler equipment
- Moses baskets and cots
- Other specific equipment requests, as available.



Practical Aid depends on our stock, although baby clothes are always available. Larger items – such as cots and stairgates – may take a little longer to source.

If you would like to donate baby items to Lifeline, please contact our office.

## **Pregnancy Testing**

This is a free service and is usually available the same day.

**0131 557 2060**  
**0790 44 99 320**

**0131 557 2060**  
**0790 44 99 320**