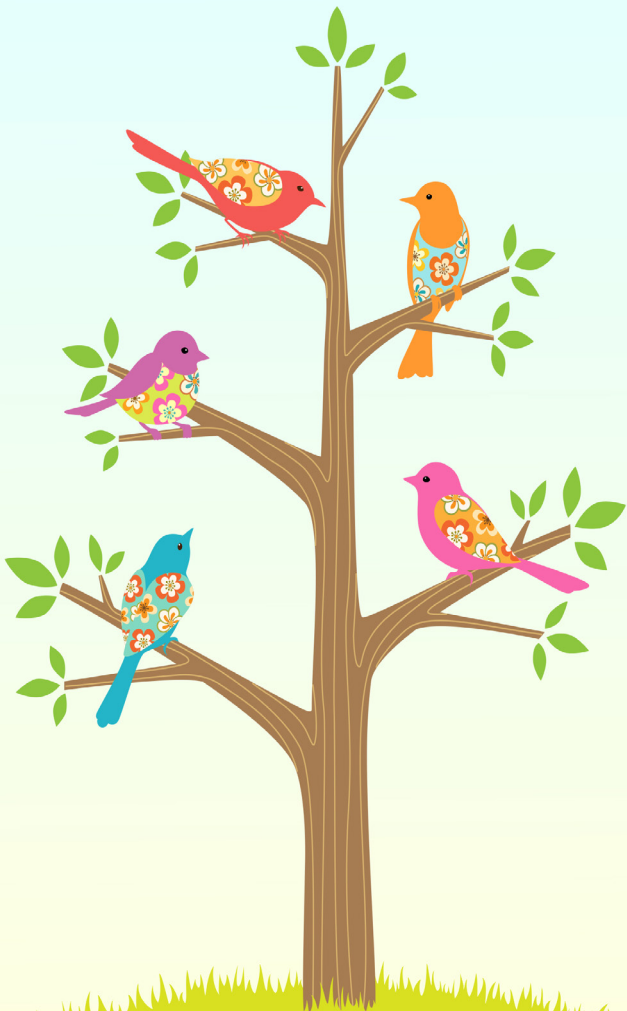


Parabl

Talking Therapies Partnership

**Parabl - partnership working
to improve mental health in
North Wales**



About

Parabl provides short-term therapeutic support for individuals facing common mental health problems or challenging life events in a non-stigmatising environment.

Who is Parabl for?

The Parabl service is available to adults over the age of 18 who are living within Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham.

The service is available for individuals with:

Mild to moderate mental health needs

Longer term mental health needs in primary care

Bereavement, relationship problems or common psychosexual difficulties.

How can Parabl help?

Parabl's range of services is available across North Wales in a variety of venues. Appointments are flexible and can be made for evenings and weekends.

Services include:

Self Help

*Online Workbooks and Support
Therapeutic Groups
Mindfulness
Counselling*

**"1 in 4 people will experience
some kind of mental health
problem in the course of a year"**

Mental Health Foundation


To find out more about Parabl

You may refer yourself in confidence for an assessment by phoning 0300 777 2257 (Monday - Friday 8.30-5.00) or by visiting our website and completing the online referral form. You can also ask to be referred by your healthcare worker or GP.

Contact

 www.parabl.org

 ask@parabl.org

 0300 777 2257

Parabl complements other treatments available from Primary Mental Health Support.

The core Parabl partners include local Mind associations, CAIS, Advance Brighter Futures and Tan-y-Maen



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board