

Mission

The Parabl Talking Therapies Partnership aims to promote recovery and empowerment to individuals with mild to moderate mental health needs through a range of stepped care options in a non-stigmatised environment.

About

The Parabl Talking Therapy service provides short-term therapeutic interventions for individuals facing common mental health difficulties or challenging life events. This is provided by a consortium of charities which complement other treatments that are available from Primary Mental Health Support. Services are available across a range of venues across North Wales, with options for weekend and evening appointments.

The Partners are Advance Brighter Futures, Flintshire Mind, Aberconwy Mind, CAIS, Tan y Maen and Ynys Mon and Gwynedd Mind. Other service providers include Vale of Clwyd Mind, Relate and Medra.

Who is it for?

Parabl Talking Therapies is a service to meet the needs of adults over the age of 18, who are resident within Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham. The service is available for individuals with:

- Mild to moderate mental health needs
- Stable severe and enduring mental health problems in primary care.
- Bereavement, relationship problems or common psychosexual difficulties.

What's available?

Assessment - Following referral, a comprehensive telephone assessment will be offered to establish eligibility, assess the individual's needs and agree the most appropriate service from a range of options.

Self Help - The Parabl Assessor will signpost individuals to relevant self help resources, mental health promotion and education, which is predominantly internet based.

Individuals without internet access are offered self help guides through the post and given recommendations for 'Books on Prescription', provided by local libraries.

Guided Self Help - Access to the Serenity Computerised Cognitive Behavioural Therapy (CCBT) programme is being provided, allowing individuals to work with an interactive self-help programme in their own time. After an introductory meeting with the care worker, regular follow up sessions by telephone/e-mail are provided.

Therapeutic Groups - The following group based therapy is provided over 7 – 8 weekly sessions:

- Coping with Life
- Stress Management
- Mindfulness

These are educational based courses, focused on recovery of the individual. Participants gain the skills needed to manage their mental health more effectively. Examples of courses include Assertiveness Skills, Managing Anxiety and Dealing with Depression. Mindfulness also includes techniques such as meditation, gentle yoga and mind-body exercises

Individual Therapy - This includes counselling for those individuals who want to explore on a one to one basis with a qualified counsellor, any common mental health difficulties they have or any challenging life events which are impacting on their mental well being. Each client is offered a Counselling Assessment followed by up to 6 sessions of counselling. Sessions are offered on a weekly basis with each session lasting 50 minutes.

How to refer

Individuals may refer themselves in confidence to Parabl Talking Therapies for an assessment by phoning 0300 777 2257 or visit our website and complete the online referral form. Alternatively they may be referred by another professional (e.g. your doctor etc).

Once a referral has been received we will arrange for an Assessor to make contact, complete a telephone assessment and establish how best we can meet the individual's needs.

For further details

Call : 0300 777 2257

Email : ask@parabl.org.uk

Or visit : www.parabl.org.uk