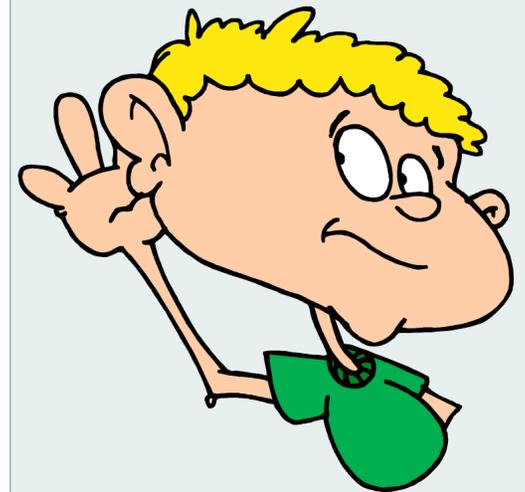


You think you are alone, you're not though really, many famous people like Frank Bruno , Catherine Zeta Jones and Sir Antony Hopkins hear voices. With a prediction of 1 in 4 people requiring mental health services in their lifetime, we need to take action and educate the public.



This leaflet has been created by current Hearing Voices members for other people who may be interested in joining this group.

Hearing Voices Group





In this group we talk about....



- Creativity – being original in the way we discuss voices and experiences
- Celebrities who suffer
- Managing voices
- Feeling happier and healthier
- Tips and advice
- Videos we've watched in the group for example Ted talks
- Past experiences and sharing them
- Religion and faith
- Are our experiences of voices just psychic powers and use of intuition?
- Things that trigger psychosis
- How we treat one and another
- Medication and treatment we receive
- Family experience and history of mental illness and stigma
- Supporting each other

Here are some tips of advice for you: When you feel unwell

- Have a hot bath
- Talk to someone
- Watch telly
- Go for a walk
- Make a tea or coffee
- Do art
- Go to sleep
- Listen to music
- Challenge the voices
- Participate or watch sport—football, tennis, martial arts and pool
- Have a shave
- Play PC and console games



What I value about this group is...

- To hear other people's experiences
- I do not feel alone
- The patients lead it and get advice from staff
- It is an open non-judgmental forum. You can speak your mind here without being judged.
- It's better than sitting on the ward
- We are taking an active role in talking about our own recovery
- Being part of a group who support each other and are open, honest and sensitive to everyone in the room
- Support in how to manage voices and to learn about mental health
- Company of friends
- Voluntary attendance

There are Hearing Voices Groups in hospitals and in the community.

