



# The **NEW** Voices Vic Pocket Guide

## A self-help guide for voice hearers, by voice hearers

When we're at our most distressed it can be difficult to remember recovery and coping strategies. Hearing voices can make this even more confusing.

The new Voices Vic self-help pocket guide for voice hearers is designed to be there for people when the voices get too much, and can easily fit in a pocket or wallet so it's always with you.

The guide is based on the latest ideas from the hearing voices approach, and has been developed in consultation with local Victorian voice hearers.

### Pocket Guides Include:

- Strategies to improve your relationship with voices and decrease distress
- Strategies for crises (including space to write your own strategies)
- Calling for help (important crisis services, plus space to write your own support numbers)
- Online resources for voice hearers

### How to get your guide/s:

- Individuals can get 1-2 guides for free – just pop into our office to pick one up.
- Organisations can purchase bulk quantities at the following prices (plus postage and handling):

Quantity	Cost (postage additional)
Up to 49	50c each
50 – 99	45c each (10% discount)
100 – 199	40c each (20% discount)
200 or more	35c each (30% discount)

Voices Vic. A Consumer-led Initiative of Prahran Mission.

Address 15 Cromwell Rd, South Yarra 3141 Tel 03 9692 9500 Web [www.voicesvic.org.au](http://www.voicesvic.org.au) ABN 77 812 307 47

## Voices Vic Pocket Guide Order Form

### Order Quantity:

Please send me (tick one):	Guides	Postage & Handling	Total price (incl. GST)
<input type="checkbox"/> 50 pocket guides	\$22.50	\$12.00	\$34.50
<input type="checkbox"/> 100 pocket guides	\$40.00	\$16.00	\$56.00
<input type="checkbox"/> 200 pocket guides	\$70.00	\$16.00	\$86.00

### Method of Payment (tick one)

- Cheque or Money Order  
(payable to 'Prahran Mission', attach to this form)
- Visa (complete details below)
- MasterCard (complete details below)

Note: we do not accept American Express or Diners cards

### Contact Information Please complete all information below

Name		
Organisation (if applicable)		
Postal Address		
Suburb	State	Postcode
Contact Phone		

### Credit Card Details (if selected as payment method above)

Please charge this amount to my credit card:	\$
Credit card number	_____ / _____ / _____
Name on card	_____

Expiry date	__ / __
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Signature	_____
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Please attach payment & return completed form to:

Voices Vic, Prahran Mission, 15 Cromwell Road, South Yarra Vic 3141

Or fax to (03) 9827 1044

OFFICE USE ONLY	Received on: / /	Payment processed: / /	Shipped: / /	Name:
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