

Voices Vic Fact Sheet 1

Information to help voice hearers, carers/family, and workers to help reduce distress that can be associated with hearing voices.

To learn more, attend our training, visit our website or read some of the recommended books.



The most important part of every hearing voices group is giving each person the chance to share their story

Sharing Personal Experiences

Research tells us that voice hearers who cope well are able to talk about their voices with other people. Voice hearers in distress need safe spaces in which to do this. The opportunity to talk honestly about voices is often denied to voice hearers and/or followed up with punitive actions (hospitalization or unwanted medication increases). The chance to share personal voices experiences is the very real gift of hearing voices groups. There is no judgement and complete acceptance.

Some voice hearers may not want to share their experiences. This is OK too, because even listening to others share their stories can bring huge benefits.

Voices Vic supports organisations and community groups to start and run hearing voices groups. Visit our website to find the most current list of groups and locations.

Some typical content of these groups might include:

- What the voices have been saying this week
- Coping strategies
- Past experiences with voices
- Thoughts and emotions about voice hearing
- Making sense of voices
- Sharing recovery stories

Hearing Voices Groups

"The importance of joining a group and speaking with other voice hearers can't be emphasised enough. After the first meeting I felt almost elated at having spoken openly about the voices with people whom I'd not met before."

- Johnny, in Romme, M. (2009).

Voices Vic is a consumer-led initiative of Prahran Mission

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At Voices Vic we believe **everyone** can recover!