""“DON’T JUST OFFER QUICK FIXES, I’VE HEARD IT BEFORE”: SUPPORTING YOUNG PEOPLE WHO HEAR VOICES."

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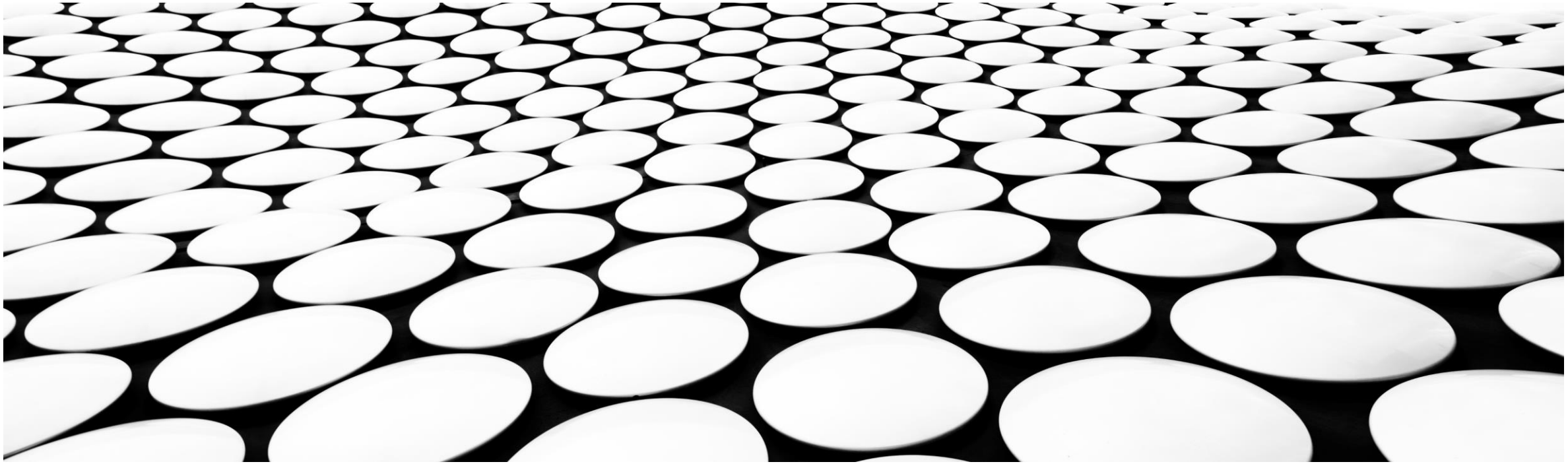


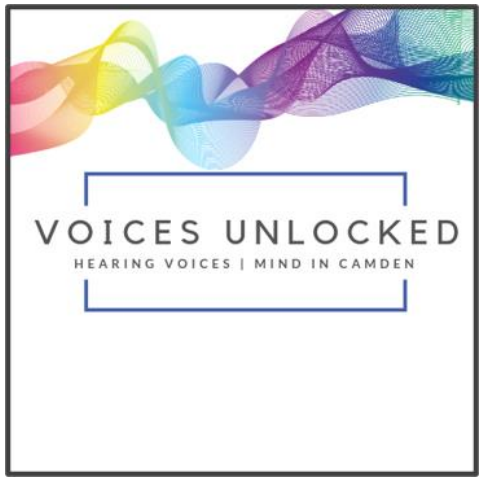
HELLO!

HEARING VOICES PROJECTS

Voice Collective

inter Voice

ART OF VOICES



THE HEARING VOICES ETHOS

- By ‘ethos’, we mean values, guiding thread, foundations
- Hearing voices & seeing visions are meaningful experiences that can be understood in many ways
- Hearing voices is not, it itself, & for everyone, an indication of illness - but difficulties coping with voices can cause great distress
- When people are overwhelmed by their experiences, support offered should be based on respect, empathy, informed choice & an understanding of the personal meaning voices have in someone’s life

LANGUAGE AROUND THESE EXPERIENCES

Within the Hearing Voices movement, this is the language we tend to use to describe other people's experiences:

We tend to use	We don't tend to use
Hearing Voices	Auditory Hallucinations
Seeing Visions	Visual Hallucinations
Beliefs	Delusions
Experiences	Symptoms
Distress	Illness

‘HEARING VOICES’

- ‘Hearing something that other people around you can’t'
  - Talking (single voices or crowds)
  - Whispers
  - Music
  - Noises
- To the person hearing voices, it is a real experience and part of their world.
- ‘Hearing voices’ is also an umbrella term which includes other sensory experiences.

MULTI-SENSORY EXPERIENCES

Voices/Sounds

Visions/Images

Touch/Tactile

Smells

Taste

‘IMPROVING ACCESS TO EFFECTIVE SUPPORT’

Who gets to decide what is ‘effective support’?

How do we create support that is effective and accessible for everyone?

What different forms can support take?

What can support do to help address social inequalities and other social justice issues?

PEER SUPPORT

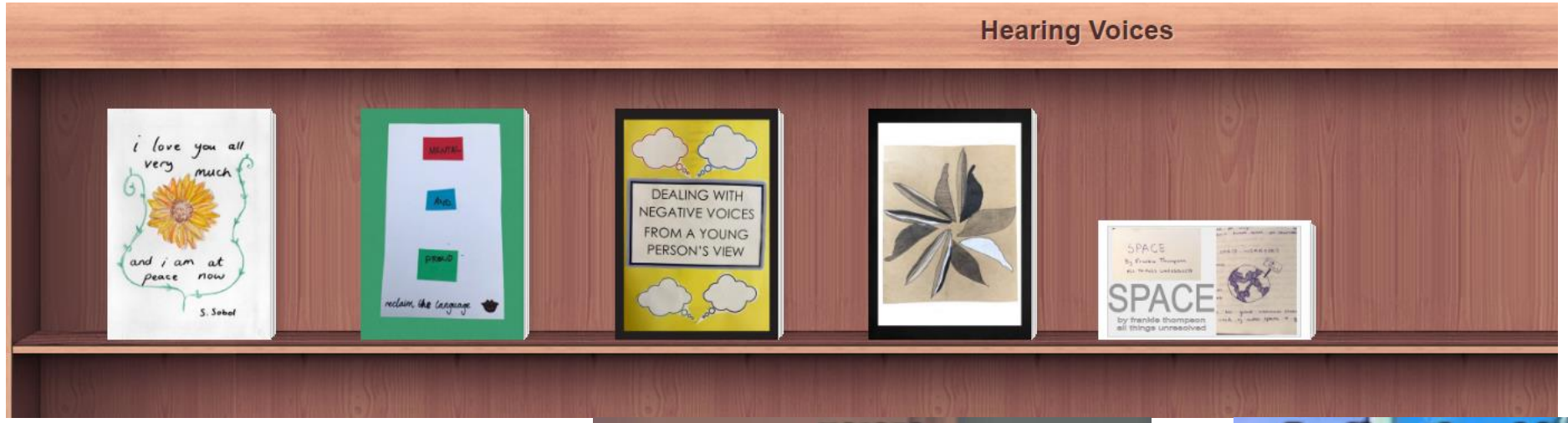
- Under 15s group
- 16-25 group
- University student group
- Parent/carer groups (x2)
- Online Discord Server

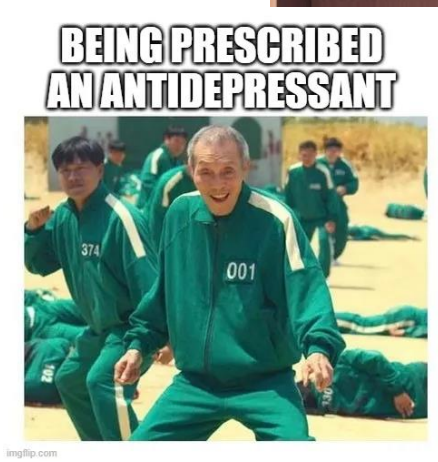
ONE TO ONE SUPPORT

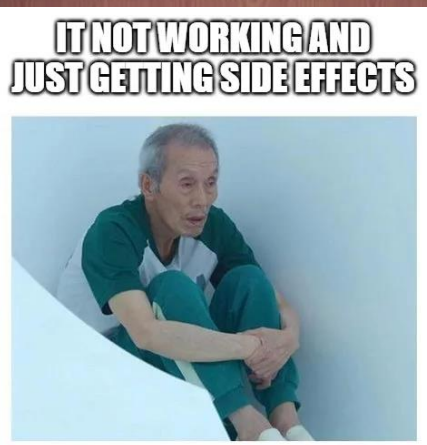
- With young people (under 25) who hear voices or have other sensory experiences, altered states, unshared beliefs, or other experiences people find difficult to understand.
- With families/carers of young people (under 25) who have these experiences.
- Can be on the phone, by email (can be anonymous), or by zoom/face to face.
- Can involve elements of peer support, advocacy, or just a listening ear.

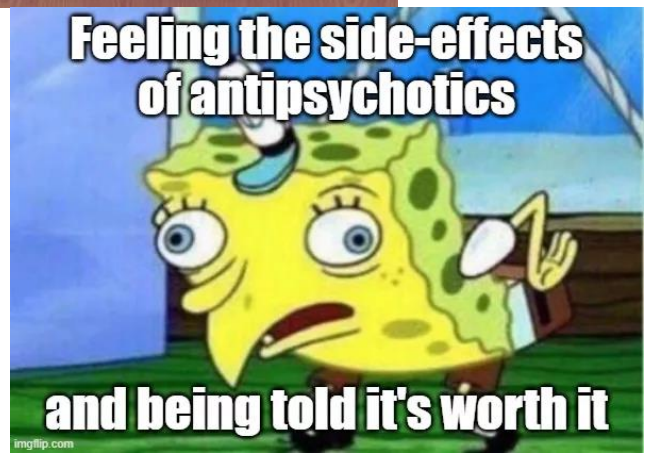
- Advice/mentoring also offered individually to professionals working with young people who have voice hearing or related experiences.

CREATIVE WORKSHOPS









TRAININGS/WORKSHOPS

- Hearing Voices Peer Support Group Facilitation Training
- Level 1, 2 and 3 Understanding and Supporting Young People Who Hear Voices
- Other bespoke courses (critical perspectives on mental health, working creatively with young people, self harm and hearing voices, voice hearing, trauma and dissociation, etc).

SPECIAL INTEREST RESEARCH GROUPS/FOCUS GROUPS

THANK YOU!

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