



Do you hear voices?

Or support someone  
who does?

# UNDERSTANDING VOICES

Up to 1 in 10 of us will hear voices at some point in our lives. But for someone having this experience for the first time, or their loved ones, finding reliable information about voice-hearing and how to manage it when it is distressing can be a real challenge.

*Understanding Voices* is a **new website** for people who hear voices, their families and health professionals. It provides comprehensive and balanced information about different approaches to voice-hearing and ways of supporting those who are struggling to cope with the voices that they hear.

The website covers a variety of topics ranging from what it is like to hear voices and what's happening in the brain, through to the links between hearing voices and trauma, creativity and spiritual or religious experience.

## Including:

- ✓ Coping strategies for dealing with distressing voices
- ✓ Tips for talking about voice-hearing with others
- ✓ How to cope with disruptive voices at work or while studying
- ✓ Pros & cons of medication, talking therapies & peer support
- ✓ What family members and friends can do to help



[www.understandingvoices.com](http://www.understandingvoices.com)

*Understanding Voices* was produced by Hearing the Voice (Durham University) in close collaboration with voice-hearers and their allies.

**Do you work with  
young people?**

# UNDERSTANDING VOICES

**Do you know that around 12% of children and young people hear voices or sounds that others don't? If you work with young people, it is likely that you will come across someone who has these experiences.**

Hearing voices in childhood or adolescence is quite common and not necessarily a cause for concern. For some young people, voice-hearing is a normal part of everyday life – a source of amusement, company or support.

For others, it can be distressing and hard to manage, causing difficulties at school or college, problems with mental health, and disruption to their relationships with family and friends.

*Understanding Voices* is a **new website** for people who hear voices and those who support them. It covers a wide variety of topics, including the latest academic research into voice-hearing in children and adolescents, the links between hearing voices and imaginary companions, and sources of help and support for young people who hear voices, their families and carers.

## Including:

- ✓ Coping strategies for dealing with distressing voices
- ✓ Tips for talking about voice-hearing with others
- ✓ How to cope with disruptive voices at school or University
- ✓ Personal stories and reflections from young people who hear voices and have other unusual experiences



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**Do you work or volunteer in  
mental health?**

# UNDERSTANDING VOICES

Up to 1 in 10 people will hear voices at some point in their lives. It is an experience that can happen to people with a psychiatric diagnosis such as psychosis, bipolar disorder, borderline personality disorder, anorexia and depression, as well as people who do not have a mental health problem.

*Understanding Voices* is a **new website** where mental health practitioners can find up-to-date information about voice-hearing and resources to share with clients. It covers a wide variety of topics ranging from what it is like to hear voices and what's happening in the brain, through to the pros and cons of medication, talking therapies and peer support. It also explores voice-hearing in young people and older adults, and sheds light on the links between voices and inner speech, trauma, creativity and spiritual or religious experience.

## Including:

- ✓ Coping strategies for dealing with distressing voices
- ✓ 'Quick Reads' - downloadable PDFs to share with others
- ✓ Sources of help and support for voice-hearers, their families and carers
- ✓ Personal stories and reflections from people with lived experience



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**Do you work in primary care?**

**Or NHS frontline services?**

# UNDERSTANDING VOICES

Up to 1 in 10 people will hear voices at some point in their lives. It is an experience that can happen to people with a psychiatric diagnosis such as psychosis, bipolar disorder, borderline personality disorder, anorexia and depression, as well as people who do not have a mental health problem.

If you work in NHS frontline or primary care services, you may be the first point of call for people who are distressed by their voices and need clinical help.

*Understanding Voices* is a **new website** where health professionals can find up-to-date information about voice-hearing and resources to share with patients. It covers a wide variety of topics ranging from what it is like to hear voices and what's happening in the brain, through to the pros and cons of medication, talking therapies and peer support. It also includes information for families and friends, and sheds light on the links between voice-hearing and trauma, creativity and spiritual or religious experience.

## Including:

- ✓ Coping strategies for dealing with distressing voices
- ✓ 'Quick Reads' - downloadable PDFs to share with patients
- ✓ Sources of support for voice-hearers, their families and carers
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