

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
- ✓ Personal stories from people with lived experience



[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.

