

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



[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.

