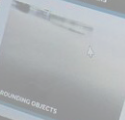
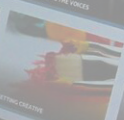
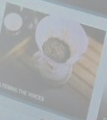
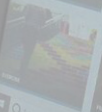
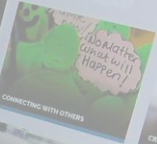
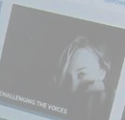
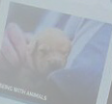
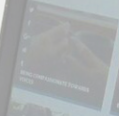




COPING STRATEGY TOOLKIT

- BUILDING
- EMPOWERMENT
- CONNECTION
- EMPOWERMENT
- EXPRESSION
- SAFETY



UNDERSTANDING VOICES

What is hearing voices? How do people cope when their voices are distressing? And what can family members, friends and health professionals do to help?

Understanding Voices is a new website for people who hear voices and those who support them.

The website 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, cognitive behavioural therapy and peer support. It also explores practical techniques for managing distressing voices, information for families and friends, and sheds light on the links between voice-hearing and inner speech, trauma, creativity and spiritual or religious experience.

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



www.understandingvoices.com
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