

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.