

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



www.understandingvoices.com

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

