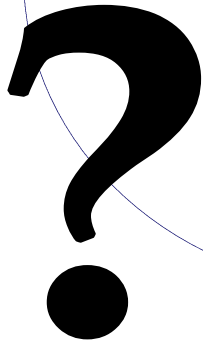


WHAT HAPPENS NEXT?



**DEPARTMENT OF
PSYCHOLOGICAL
THERAPIES**

HEARING VOICES SUPPORT GROUP

If you have any questions, please contact -

Sharon Matthews

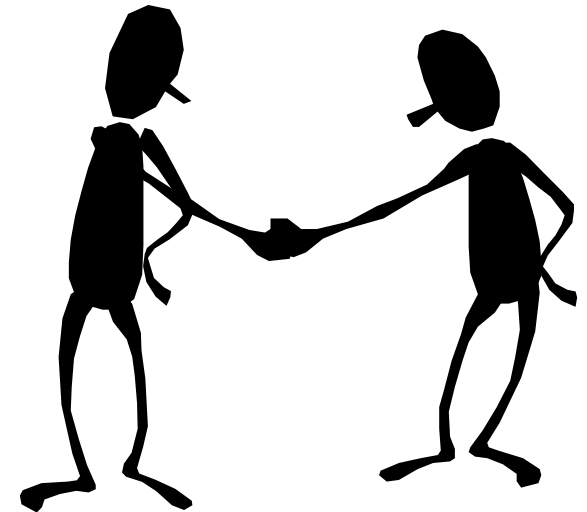
Kate Haywood

Once you have read this information leaflet and feel that this support group may be suitable for you, feel free to come along.

The Hearing Voices Support Group is held every Friday between 1:30pm-2:30pm at Dawley Department of Psychological Therapies.

**DEPARTMENT OF
PSYCHOLOGICAL THERAPIES**

The Dawley Centre for
Psychological Therapies
Doseley Road North
Dawley, Telford
Phone: 01952 506838



HEARING VOICES

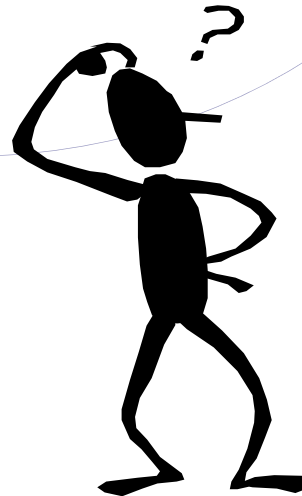
Research has shown that up to 10% of people in the UK hear voices that no-one else can hear and for most people this is a disturbing experience.

The voices you may hear can be :-

- In your head or body
- Coming out of the air
- Your own voice or someone else
- Male or female
- More than one voice
- Critical or abusive
- Telling you to do things

If you are hearing voices you may be:-

- Confused or anxious
- Frightened
- Alone — you may feel unable to share your experiences with others
- Exhausted because you cannot switch off what you are hearing



Some people find it helpful to talk to other people who understand their experience.

The Hearing Voices Support Group is an opportunity for voice hearers to talk freely about the voices, to feel accepted and less isolated.

Family members or the carer who looks after the person who hears voices are also very welcome to join us.