

Shrewsbury Voices Group

Do you hear voices?

Do your voices stop you doing what you
want to do?

“We are a group of people with one thing in common. We all hear voices or have similar experiences. We talk about the way we feel and how hearing voices affects us.

It is useful to share experiences and discuss strategies for coping with voices.

We are confidential; anything said in the group stays in the group. It helps us to feel we're not alone and that we have somewhere to go and talk, where we don't have to hide the fact we hear voices.”

“It's good to talk with the voices in your
head” (Marius Romme)

For more information, contact:
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