Although 1 in 10 people hear voices, many choose not to talk about them. A Hearing Voices Group is a place where people can meet to talk about their experiences without fear of judgment. It offers mutual support and friendship, and the opportunity to explore your experiences and learn from others with similar stories.

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What People Say About Hearing Voices Groups

“No one tells you what to think. There is a wonderful spirit here and I learn as everyone shares. It is unlike anything else. I know I’m not alone; that I’m not the only one that hears voices.”

“It is cool to hear about other people’s experiences. I might even get up the courage to tell everyone about what has happened to me.”

Hearing Voices Groups:

1) Are led by co-facilitators who are:
   a) experts by training and/or
   b) experts by experience
   c) peers supporting peers

2) Are open for drop-ins or as an ongoing group.

3) Determine their own group guidelines based on mutual respect.

Typical group guidelines include:

- Confidentiality
- Respect for others opinions
- No reporting to clinicians or treatment programs
- No sign up or screening required
- Verbal participation is optional
- Feedback from group is optional

Benefits of Hearing Voices Groups Include:

- Learning strategies for coping with and managing extreme states of being
- Discussion about what your voices may mean
- Developing social opportunities and self esteem
- Receiving support from peers who are voice hearers.
- Becoming part of a worldwide movement which teaches about a new way to cope.