

We understand coming to a group can be really difficult. But we hear from people all the time that it can be very helpful. They often tell us that this is because they learn a lot more from being with others who have had similar problems to themselves.

### **What will the group look like?**

Each meeting will last for 2 hours and will have a break in the middle. We will invite 8 to 10 members and it will be open to men and women of all ages.

### **What happens next?**

If you need further help after this course there are other groups you can attend, and possibly therapy on a one to one basis. This will be discussed with you on an individual basis, or will have been agreed with you at your assessment appointment.

# 7 Week Hearing Voices Group

## **We cover the following topics:**

- How you feel about your voices
- How your voices have affected you and your life
- Coping with your voices
- How other people live with and cope with voices
- Starting to learn to stand up to your voices

As this is a self-help course we focus on learning some ways of coping with voices. As it is not a therapy group, you won't be expected to talk about any personal issues that may cause you distress.

*Some things people who have attended the group have said about it:*

“the facilitators listened, friendly and they tried to help us talk about the way things are”

“I now know I'm not the only one hearing voices”

“I have enjoyed coming to this group”

*Things people said they learned in the group:*

“The fact that you are not alone and that people have different ways of dealing with problems”

“How to control the voices”