

Information for young people...

Hearing Voices in childhood and adolescence is actually very common – so you are not alone! Hearing voices can often be comforting and a part of the grieving process. For example, you might hear the voice of the person who died, or maybe you can see images or visions of them. These experiences may be of comfort to you and that is ok. Winston's Wish - a children and young people's bereavement support charity - can help support you with understanding your feelings and these experiences at this time.

You can read some more information about grief and bereavement on Winston's Wish website here: www.winstonswish.org or call their support line on: 08088 020 021

*But maybe you are
a bit confused
because you were
hearing voices
before the person
died...*

*Or you notice the
voices are no longer
comforting and
helping you to
process the grief...*

*Or the voices
have turned a
bit scary and
nasty instead...*

This is when it can be a bit harder to cope with the voices and you might want to reach out to Voice Collective for a bit of extra support with your voices and/or your grief. Maybe you want to speak to someone at Voice Collective to help you understand your experiences a bit more. Or perhaps you want to join one of our peer support groups and meet others who might be having similar experiences to you. You might feel like your voices have nothing to do with death or grief – and that's ok too. At Voice Collective we understand there are lots of different frameworks to understanding voices and we will support you either way.

To find out more information go to our website www.voicecollective.co.uk or email us at info@voicecollective.co.uk

It could be that we work alongside Winston's Wish to support you in the best way possible with understanding the grief and voices. The decision to do this will be made with you, (you will always be able to say no thank you) and together Voice collective and Winston's Wish will find the most appropriate way to support you.