

Information for parents, carers and professionals...

Hearing Voices in childhood and adolescence is actually very common – about 1 in 9¹. Some young people hear voices that are friendly and encouraging, others hear voices that are critical and controlling, and many hear a mixture². For those young people who have experienced a traumatic event, such as death, they may hear the voice or see the image of this person³. We know that wanting to hear the voice of the person who has died can be comforting and wanting to hear it can be part of their grieving process.

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. They are a children's and young person's bereavement support charity.

But as a parent, carer or professional, you might be worried that the voices of the young person are unrelated to their grieving process. Maybe this young person was hearing voices a long time before the bereavement. Or the young person has commented that the voices are no longer offering them comfort.

This is when it can be a bit harder for young people to cope with their voices and you might want to reach out to us for a bit of extra support. The young person might want to speak to someone at Voice Collective to help them understand their experiences a bit more. Or perhaps they want to join one of our peer support groups and meet others who might be having similar experiences to them. You or the young person might feel like the 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 them either way.

Do you as parents or professional want to learn more about hearing voices? Research has shown that prevalence rates of hearing voices decreases over time in childhood⁴ and often it can be working through understandings as well as peer support that can support this journey of recovery⁵

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

Depending on how the young person is processing their grief we may work alongside Winston's Wish to support them in the best way possible on their journey. The young person would always have to consent for any joint support between us and we would always let them know what information we were sharing between us at Voice Collective and Winston's Wish.

1 Bartels-Velthuis et al. (2010)

2 Parry & Varese (2020)

3 De Leede Smith et al. (2013)

4 Bartels-Velthuis et al. (2016)

5 Dillon et al. (2013)