

Q. CAN YOU TELL WHO HEARS VOICES?



WWW.VOICECOLLECTIVE.CO.UK

A. NO-ONE CAN (*it's a trick question!)

We're surrounded by **negative stereotypes** of what people who hear voices are like. If we listen to the media, we'd be forgiven for thinking that people who hear voices are either crazy or potentially dangerous.



The truth is far less exciting. **Around 8% of children and young people hear voices** (that's 1 in 12!). For most, the voices simply don't cause a problem. They might be reassuring, funny or give good advice. In some cultures hearing voices can be seen as a gift - something to be proud of.

Life can be hard. Young people who have had a tough time and are struggling to cope may hear voices that are confusing or scary. This doesn't mean they're 'mad' - they just need some extra support to get back on track.

Voice Collective works across London to support children & young people who hear voices, see visions or have other unusual experiences.

See: www.voicecollective.co.uk, www.voicecollective.tumblr.com

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