

VOICE COLLECTIVE

Young People's Voices & Visions Group

I always felt that the voices were stronger than me. They ran my life. The group has given me the strength I need to stand up to them.



WEDNESDAYS

**5:30 – 6:30pm on
Zoom!**

DID YOU KNOW ...?

- ★ Around **1 in 5 young people** hear voices at some point in their lives.
- ★ **Lady GaGa**, Carlos Santana, **Gandhi**, St Joan of Arc, **Johnny Vegas** and John Frusciante (ex Red Hot Chili Peppers) have all talked about hearing voices.
- ★ **In some cultures**, hearing voices is seen as a special gift.
- ★ But, **sometimes** (especially if the voices are critical, overpowering or confusing) they can cause problems.
- ★ No matter how scary the voices or visions are, **people can - and do - recover.**



WHO CAN COME?

The group is **open to young people (aged 16-25)** who hear voices, see visions or have other unusual sensory experiences.

It is **free** and open to young people no matter where they live.



THIS PEER SUPPORT GROUP IS:

Confidential (unless your safety is at immediate risk); **Open** to different ways of understanding voices & visions; **Optional** (you can talk about whatever you feel OK with - not just voices & visions); **Space for you to feel heard, believed & accepted.**

HOW TO JOIN

If you'd like to come along, or just want to find out more about the group, get in touch. You can contact us at:
info@voicecollective.co.uk, or call **020 7911 0822**


for better mental health
in Camden