



VOICES UNIQUE

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Saturday Support Sessions



Hearing Voices Peer Support Groups

Young People (13-17 years old) and Young Adults (18-25 years old)

Do you live with ...

Voices? Visions? Dissociations? Difficult thoughts? Other experiences?

"...for extra-ordinary people..."

Voices Unique is a facilitated self-help group for people who hear voices, see visions or experience unusual or alternate realities. We will hold regular monthly meetings, which will provide a space in which members feel safe to share our experiences and support each other. It will be an opportunity to make sense of our experiences and find creative ways of coping with them. We will have peer support, guest speakers and use the 'From Victim to Victor Working with Voices Workbook 2' by Ron Coleman.

Group Sessions Exploring: Psychosis / Medication / Recovery / Healthy Lifestyle & Wellbeing / Coping Strategies / Music Production as Coping with Hearing Voices / Voice Collective Group Activities / Paranoia & Hearing Voices Victim to Victor – Working with Voices Workbook II by Ron Coleman / Labels / Diagnoses / Self-belief / and more...

copingwithpsychosis@gmail.com or **073 0847 1295**

www.voices-unique.yolasite.com

Starting Soon 2021!

Every Saturday 12 – 2pm @ Virtual online groups



Facilitator: Miss Zanell Neethling has lived experience of hearing voices and seeing visions since diagnosed in 2009. She has prioritised trying to help others now at 33. I am a trained facilitator with Voice Collective (young people's hearing voices group as part of MIND in Camden) and use the framework of Intervoice – The International Hearing Voices Network (www.intervoiceonline.org).

© Voices Unique – youth hearing voices peer support groups.

**Please note: a self-referral form will need to be completed, please visit the website for more details.*