



Voices Vic

Young Adults Hearing Voices Group.

As part of our new Youth Program, Voices Vic will be developing and delivering a hearing voices group for young adults.

The Young Adult Hearing Voices Group is open to anyone aged 16-25 who hears voices or has other sensory experiences that others around them do not.

The Group will:

- Provide a safe space to share what it's like to hear voices amongst people with similar experiences
- Look at different ways to make sense of hearing voices
- Discuss different ways of coping with voices & distress
- Encourage peer support & social connections

If you or someone you know might be interested please contact one of our Youth facilitators, Marie Njang or Amy Barker for more information.

Who Are Voices Vic?

Uniting's Voices Vic is an award winning and research supported specialist program improving the wellbeing and recovery of people who hear voices. Led by peers with lived experience and Mental Health, Voices Vic provides dynamic recovery groups and one-on-one support. Our team also facilitates training across Australia for organisations and individuals who work with voice hearers.

Cost
Free

Day
Mondays

Time
4.00pm

Venue
Online via zoom

Get in touch
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Uniting