

RESOURCES FOR FRIENDS & FAMILY • THE HEARING VOICES NETWORK USA

Assembled by Cindy Marty Hadge and David Adams, Co-facilitators

The Friends & Family Group meets every Monday • Contact us at families@westernmassrlc.org

In response to COVID isolation, the Wildflower Alliance developed [a list of online support groups](#)

The experience of hearing voices and the Hearing Voices Network:

[Beyond Possible: How the Hearing Voices Approach Transforms Lives](#). Film, 2019.

Longden, Eleanor. [The Voices in my Head](#). TED Talk, 2013.

Romme, Marius, Sandra Escher, Jacqui Dillon, Dirk Corstens, and Mervyn Morris, eds. [Living with Voices: 50 Stories of Recovery](#). Book, 2013.

Davidow, Sera. "[Why Do People Hear Voices?](#)" Essay, 2015.

McCarthy-Jones, Simon. [Can't You Hear Them? The Science and Significance of Hearing Voices](#). Book, 2017.

The Hearing Voices Network-USA [Charter](#), revised 2019. Find a [local](#) or [online](#) group.

The online HVN Group for Friends & Family:

Cindy Marty Hadge, co-facilitator, wrote (with Sera Davidow) "[New Hearing Voices Online Family Support Group](#)" (also see the embedded [video](#)). At the 2019 ISPS-US conference, Cindy delivered the keynote address, "[Living in The Margins and the Struggle to Reclaim Citizenship](#)."

David Adams, co-facilitator, wrote "[Listening and Liberation: The Hearing Voices Network as a Social-Justice Movement](#)" (2019). He also appeared on an Open Excellence podcast, "[Real Help for Families and Friends of Voice Hearers](#)."

Understanding and Interacting with Voices:

Waddingham, Rai. [Getting to Know Your Voices](#). YouTube video, 2014.

[Compassion for Voices: A Tale of Courage and Hope](#). Animated video, 2015.

May, Rufus, Elisabeth Svanholmer, and Charlie Heriot-Maitland. [Engaging with Voices](#). A series of 15 videos, 2019.

Consider receiving [Maastricht Interview](#) training (and explore other [Intervoice resources](#)).

Children Who Hear Voices:

Escher, Sandra and Marius Romme . [Young People Hearing Voices](#). Book, 2013.

Subbiah, Seethalakshmi. [Did You Hear That? Help for Children Who Hear Voices](#). Illustrated Children's Book, 2016.

[Voice Collective](#), a UK web site for children and young people who hear voices, includes an [online support forum](#).

Levine, Peter and Maggie Kline. [Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing](#). Book, 2006.

Trauma-informed Frameworks for Understanding Voices:

Levine, Peter. [In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness](#). Book, 2010.

Van der Kolk, Bessel. [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#). Book, 2015.

"[Voices and Trauma](#)" (and explore the [Understanding Voices](#) web site). 2019.

"[Somatic Therapy](#)." *Psychology Today*.

Spiritual Frameworks:

Mazel-Carlton, Caroline. "[Ancestral Maps, Meaning, and Messages: Spiritual Frameworks for Extreme States](#)." Webinar, 2019.

Supporting Those Struggling with Their Psychiatric Medication:

See Will Hall's [Harm Reduction Guide](#) and the other resources listed on [his web page](#). Among these resources, note [The Withdrawal Project of the Inner Compass](#), which has a group for family members and friends.

A new *Mad in America* [web page](#) is assembling resources on drug withdrawal.

The Wildflower Alliance hosts an online psychiatric drugs support group. Have your friend/family member email Zoe at zoe@westernmassrlc.org for more information.

How to Learn More and Keep Up:

[Mad in America](#) and [Open Excellence](#) regularly post news commentary and educational resources on alternative approaches to mental health care, including the Hearing Voices movement. Follow them on Facebook, Twitter, or their web sites.

For more detailed lists of resources—first-person narratives, scientific research, historical accounts, and so on—see the lists at [HVN-USA](#) (last updated 2015) and [Hearing the Voice](#).

Another Way to Help:

Nationwide online groups and trainings for group facilitators are possible only with the support of donors. [Please contribute](#) whatever you can whenever you can. Thank you!