

# Hearing Voices Network USA

## Understands that:

- ❖ Our experiences are real!
- ❖ Hearing voices is not necessarily sign of illness.
- ❖ 1/3rds of voice hearers never interface with mental health services.
- ❖ Hearing voices is as common as one in ten people – as common as being left-handed.
- ❖ In the Network, hearing voices, is an umbrella term that includes other perceptual experiences, such as, tactile, visual and unusual belief systems.
- ❖ In HVN groups.
  - We seek to create a safe place for people to share their experiences.
  - Each person is considered the expert of their own experience.
  - Dialogue with and about our voices is encouraged.
  - Our focus is sharing our stories, not fixing one another.
  - HVN groups can create safe spaces in which to talk about voices.
  - The use of ordinary, common language gives us strength and power to define our own experiences.
  - HVN is allows any framework a person may have for understanding their experience.
- ❖ Where there is opportunity for:
  - each of us to understand our voices in relation to our life experiences
  - to change the relationship, we have with our voices
  - and to support others on the paths of their choosing.