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The articles are the views of the contributors and not necessarily those of NPN.

## The Positive Impact of Yoga

I recently had an experience where I was fearful that there was a camera pointing at me, outside of my home. This came after an onslaught of triggers; the real one or a doppelgänger of an abusive ex-boyfriend appearing here (the other side of the country to where we met), the death of a meditation friend and teacher, a strange metallic aftertaste in my bread, the disappearance of one of my dogs' toys and a rising credit card debt, a slew of minor inconveniences with internet retailers...

It was beyond my capacity to see the truth of the situation, and I was afraid to look. I enlisted the help of the local police - again a huge trigger given the lack of visible and available help for the incidents I've reported in the past.

As it turned out, the light was no motion-sensitive camera but instead, a mast lurking in the distance and peeking through the hedge at night.

In the past I would have had a complete meltdown and perhaps broken something or been unable to stop myself from screaming.

That was my reaction to grief and the paranoia that came from my experiences, and in the past, it cost me my home. I left to housesit and take a break from the turmoil and was no longer welcome back.

### **What was different?**

Because the pressures were the same: lack of money, financial strain, grief, theft and no emotional support from friends or family except through practice.

I was the difference! The change in the way I was working allowed me to really use what I had to help me cope and recover with minimal collateral damage. Because to have a strong reaction to that string of events is perfectly logical, right? But it's not acceptable. So, what do we do? Whether the attacks and stressors are real or in our minds, what do we do?

When used well, yoga and meditation can be complementary to psychological work and give the space needed to make a recovery or create the space for skillful action.

In 1978 Bessel Van de Kolk, a psychiatrist and author of 'The Body Keeps The Score', began to work with war veterans. Frustrated with the lack of real resources he started to look for ways to improve their recovery prospects. He did this by investigating the "HRV" (Heart Rate Variable), which can be seen as a measure of

balance between the PNS and SNS. In people with PTSD, there is a poor HRV, which means the rhythm of the heart does not recover well when switching between those two systems.

Beginning to work with yoga in 1998, he found that those who had a yoga practice as treatment, after 8 of weeks had *significantly* less symptoms of PTSD than those who were offered dialectical behavioural therapy which had **no impact at all**.

### **All from just making some shapes and breathing?**

As it happens, the body has limitless capacity for healing and in its innate intelligence only needs us to tell it that's what we wish for. But we have to learn the language. The body's first language is sensation and movement. And when faced with the kinds of fears that strip away the construct of acceptable human behaviour, as the frightened animals we are, we must learn to speak the language our nervous systems can understand.

As it happens, just the action of breathing helps us to calm down. It's why so many of us reach for cigarettes or vapes also, simply taking the time to breathe helps us to move out of a "fight or flight" response and back into a rest and digest. From here, without the fear and pressure of survival we can start to make better choices and act from a place of "what is acceptable to others."

Since Bessel made this leap in understanding, more research has been done and it is now widely known that this is probably one of the best things you can do to take control of your own health. In the 2010s, I read in New Scientist that 15 minutes of yoga was the equivalent of taking a couple of milligrams of diazepam. The effect that it has on the nervous system is profound, immediate and builds resilience over time. It has the added benefit of no need to become dependent on a dangerous substance to relax.

Each month, I invite you to join me in a different practice that is clinically proven by psychologists and yogis, for centuries, to help build resilience in and soothe our body systems. And what's more, NPN invites you to give feedback on your experience because we want to know what works for you.

## **1. Root**

In yoga there are 7 bodily chakras that correspond to organ systems and also the hierarchy of needs. At the lowest point, we are concerned with elimination in the root chakra. This is about survival. Since we are all almost guaranteed survival in the UK nowadays (our traumas notwithstanding), most other information is negative bias and perception.

The body doesn't believe it will survive when it perceives threat. When we are paranoid, we are living in the felt sense that our lives are under imminent threat, all of the time.

This means we must especially remind ourselves that we do take care of the basic needs:

- Shelter
- Sleep
- Food
- Water

Eating enough food means eating a balanced and nutritious meal that you do not feel hungry after consuming. While most yoga practices ask that you wait a while before doing them, it is of the utmost importance to keep the body fuelled so that it has the somatically-held understanding that it will not die. So, make sure you are well-fed and hydrated before beginning this practice.

### Namaskara

By moving the body with the breath, we slow down our minds and bring our focus back to a single unified point. That is the gift of yoga and why it is so restful. This simple move that anyone can do with no prior experience can be performed anywhere and is a great start to practice even with limited mobility.

How to:

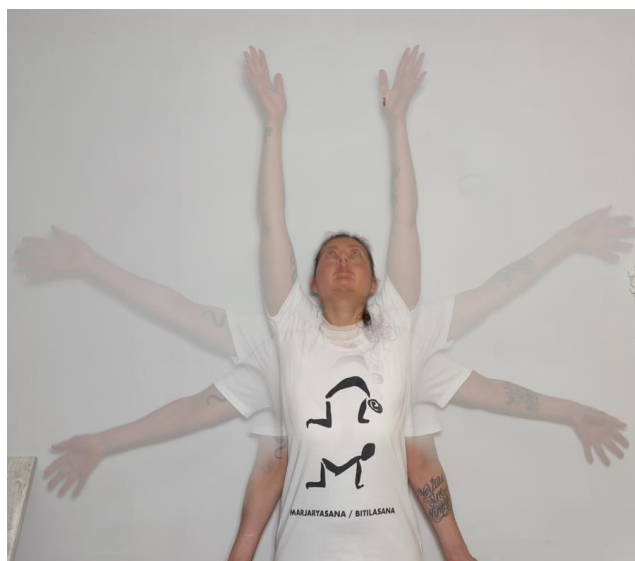
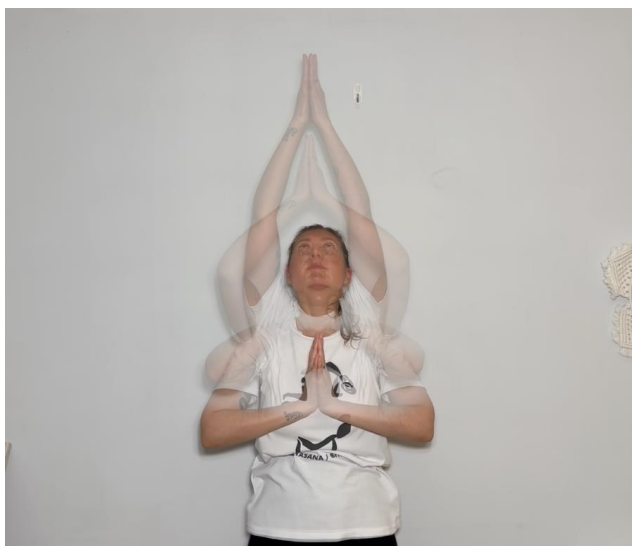
1. Find your feet, either firmly pressed into a surface or the ground if you can. If you cannot find your feet or are seated, lean into the connection of your foundations in connection to a chair or the earth.
2. Breathe softly into balance.
3. Bring the hands into prayer at the heart.
4. As you inhale for a count of four, sweep the arms up overhead to meet in prayer again.
5. As you exhale for a count of four, bring them back in front of the heart.

It's that simple. To bring in a little extra challenge you can start to increase the count for the breath, for as many as you can comfortably do without stressing your lungs. Remember to keep the breath smooth and synched with the movement.

I hope you enjoyed this month's yoga exploration. Please send a message to feedback on how you integrated this into your day, and the effect it had on your wellbeing and mood. Perhaps you could also, if you facilitate groups, tell how you integrated this into a session with others.

Namaste (the divine in me recognizes the divine in you)

**Jazmin Jewel**





## **The National Paranoia Network Are Sponsoring Local Football Team Wombwell Main**



**Sam Ellis the NPN Newsletter Designer and his brother  
Ben who plays for Wombwell are displaying the  
Training Tops**

## **Research Project Exploring the experience of Schizophrenia for Afro-Caribbean Christians**

### **Participant Requirements:**

- Aged 18+
- Identify as Afro-Caribbean
- Identify as Christian
- Received a diagnosis of Schizophrenia

### **Study background:**

Research shows Afro-Caribbeans are up to six times more likely to receive a diagnosis of schizophrenia than their white counterparts and for several decades this controversy remains an ongoing debate. Although many Afro-Caribbeans often report a spiritual or cultural significance to their experience, these views are rarely considered by mental health services or practitioners.

The purpose of this study is to gain a deeper understanding of the lived experience of schizophrenia for Afro-Caribbean Christians. It is hoped the research will 1) give you the opportunity to have your voice and experience heard and 2) inspire change within mental health services in a way that promotes a culturally inclusive healthcare system that acknowledges and respects the diversity of cultural and religious beliefs and reduces health inequalities among Afro-Caribbean service users.

### **What will my participation involve?**

The study will involve an informal conversation for around 60minutes, about your experience of schizophrenia and how you feel your faith and culture impacted your interpretation of your experience. This will take place online via Microsoft Teams video call.

For more information, please click the following link: <https://www.eventbrite.co.uk/e/exploring-afro-caribbean-christians-lived-experience-of-schizophrenia-tickets-738306252877?aff=oddtcreator>

If you are interested in taking part, then please contact Maelaudene Campbell on [u2184887@uel.ac.uk](mailto:u2184887@uel.ac.uk). Alternatively, you can book a slot using the above link.

## **Schizophrenia, Personal Growth and Family Support**

Family support adds another set of therapies to be combined with compassion, safe place imagery and makes distraction, confrontation and insight. The effect of this is to make climbing the Maslow tree with schizophrenia more possible. The personal growth that this enables allows therapeutic outcomes with the fear, emotional pain and shame caused by schizophrenia and hearing voices. We can then be more emotional and more ourselves which should help with low mood.

Fear and emotional pain as normal in life can be soothed by love from partners, friends and families. This is also true of schizophrenia in its more moderate forms which resemble more moderate states of being frightened and of undergoing emotional distress. Many people will have the usual experiences of confronting these as in the case of the terror of the big bad world or going through a divorce. In schizophrenia things are often more severe still but can be handled in similar ways.

With basic needs you won't feel like looking after yourself because of being emotionally drained from voice and delusions. This will make the depression worse. You may need training for this or prompting from a family member. Eventually the soothing love they have for you will cheer you up and get you motivated to cook

and clean. Then you can get out of bed and face the day. This means some of your stress levels will come down and if you start enjoying life again you feel more capable of dealing with schizophrenia. Once motivated you will be able to distract yourself from the symptoms.

The soothing can calm you down enough to eat for basic needs. You may need family soothing before you eat as fear can take away your appetite. Then during the more moderate phases you may still eat and rest. This will give you the strength until the graded exposure helps tackle the difficult phases. So, the more strength you have the less likely you are to pass out with fear. There will be less reason to worry about this in between the bouts of terror.

Love is a source of strength so you can overcome the emotional pain stopping your safety needs. Family will make you feel better about such things as causing 9/11. You will be able to sleep properly and so get some rest by stopping the pain causing nightmares. Then you will be more able to deal with the pain as you will feel stronger once you have had a chance to get some rest at night. This again will reduce the fear of being weakened by not sleeping and so of the danger of passing out during an emotional crisis.

The outcome of family emotional support with the pain and fear is that when confronted with crisis symptoms when out and about is that the whole experience won't

go over your head. You can calm down and think rationally when they are with you. As you don't flip out you can question the thoughts and voices and be more able to use your insight. Once you can do this you can get out of the confines of your home and be distracted by many interesting activities in the world.

Family support will help with emotional abuse from the voices as they will love you. That should soothe the emotional pain. Then you will start to see the point in life again. You will start to generate an interest in things which should keep you distracted and motivated. Instead of pain you will experience pleasure which should help with the low mood. It helps to keep a pleasure diary here to remind you not to focus on suffering all the time. Family contact will feature largely in this especially if there are kids and at Christmas time.

With the abuse from the critical voices, you may feel worthless as a person but love from your family will make you realise, they value you for who you are. You can reconnect with your emotional side and feel more loving and caring. Then experiencing positive feelings of being part of your family again should allow you to demonstrate this to the voice so that it is only a small part of your life. Then your family membership and love can generate some self-esteem so you will learn to like yourself again.

Once you begin to see yourself this will in turn create some insight. Your family will be a part of yourself and your identity. It will show you who you are, and these feelings will be deepened the more your life returns to a normal emotional state. You will start to remember who you were before your life was overtaken with illness. Your family will feature largely in your life before the paranoia and voices and should remind you of what a sense of normality is despite the changes.

They can help with the emotional pain, so you don't pass out with that too. This helps with safety needs as you will also be stronger with this. Then it will help you get over the doorstep so you can practice the exposure therapy more directly. Yet you may need to trust your family in doing this as they wouldn't let any hurt come to you. They can reassure you nothing is going to happen when out. Even so emotional pain is easier to soothe than fear so there are still dangers here.

There is a need here to get out and about to give relaxation techniques like breathing and safe place imagery more of a chance. Going on holiday with family should have a relaxing effect at level two problems of fear and anxieties. The relaxation effect here will be much stronger and will provide a longer break from the symptoms. Just as in ordinary life a holiday is necessary to soothe and have a break from all the stress when you are back at home.

I also feel safer in that family help can soothe the stresses in life that caused the illness in the first place. In my case the illness was triggered by bankruptcy, loss of home, a relationship together with pressure of work. These will heal in time with family help so you will come through any breakdown and feel less stressed. As schizophrenia is stress induced you will begin to feel a bit safer as you learn to handle the causes combined with tackling the symptoms at the same time.

Your family can also nip the symptoms in the bud before it gets out of hand though if the illness just hits you this won't work. The stronger you get emotionally despite the abuse from voices the more courageous you get with them. Then this will take the edge off some of the worry when you feel the symptoms gradually deteriorating. You won't panic at the first sight of paranoia. You will also realise that you can take the edge off the fear and pain so you can try to keep calm.

Fear of passing out will compromise safety needs as does fear of the next episode. Family can help with socializing and emotional contact which can calm this down, so you have a rest to recuperate in between episodes. Importantly you cannot often tackle these fears head on because it may trigger a relapse and the implications of passing out are too severe to contemplate. Yet you can better take your mind off things through distraction which will keep these thoughts at the back of your mind.



Family support can influence you when you are frightened. During these times when insight is reduced family can reassure you. So, you will calm down enough to think logically and compassionately about your beliefs. Then your family will value you and esteem who you are. You will remember yourself much more easily and your good qualities will come to the fore. You will realize you are lovely and caring. With insight you can show this to the voices and to yourself.

So, they will love you and remind you that you are a worthwhile human being and value /esteem who you are. With that love you will feel like being yourself once more. You will identify with being a part of your family rather than the negative way the voices see you. This should make them more muted and less powerful. Then the damage to your self-esteem will be reduced and you can show that to the voices as well. The voices will realise you can be a part of your family and get quieter still.

Once your family have calmed you down you can connect more with them emotionally. This should add to the emotional strength you have when passing out with the pain. Then the more you build this up the progressively stronger you be versus the voices and delusions. You will get less and less frightened or influenced by them. Then being a part of your family will strengthen you as it will help you realise who you are

rather than how the voices see you and what they make you to be.

When they have stopped you feeling emotionally drained you can connect with other people and make new friends. This will help you develop at the emotional tier of the hierarchy. Again, to get to this level you will first need to come out of yourself and not to feel so emotionally drained or withdrawn. Once connected there is less likelihood of being emotionally isolated again so you can mostly continue to develop at this stage of the tree without further problems.

With family emotional support you will not be so wrapped up in your problems and can concentrate on the good things in your life. Other things can then be soothing so you will be more resilient and less reliant on the support of the mental health system. You can focus on something other than what is happening to you internally. This should help prevent you lapsing back into being self-absorbed by the symptoms and keep the mind thinking of distraction rather than introspection.

Staying at home concentrates the mind on the voices. So, you need someone to go with to take you out to stop this when you cannot go out on your own. This provides a break and will keep your strength up both emotionally and physically. Then when back in the house your family can support you in the normal way and can talk with you in ways that take your mind off the voices and paranoia.

They can turn the feeling of the house from somewhere you have suffered into a home to live in.

When doing supported graded exposure again you are emotionally stronger with family than a support worker. This will help you leave the house again. Then family will help with the danger of passing out through emotional pain. Then there is some possibility of preventing the fear of this happening again in between episodes. As you won't be experiencing the additional fear that this may happen it helps with your safety needs again.

In order to make the therapy of getting out possible a number of levels of climbing the Maslow tree are needed. First you must eat properly before you go out. To do this the fear needs to wear off first so some family soothing and prompting is required. Otherwise in a weakened physical condition the danger of passing out is much greater. Then there is a need not to be withdrawn as this can sap your strength for this too. To stop feeling faint and dizzy before going out family input is needed again.

Family cannot be there for you all the time so will need to practice being on your own. This includes being out and at home. To do this the graded exposure may take some time to build up to the worse episodes. This needs a baptism by fire. Family support may mean deliberately putting yourself into crisis as in my case watching a video about 9/11. This family support means it starts

through not being alone when doing this, which is the first step to confronting things. Then other strategies are needed.

Eventually you will have to do this on your own. The answer is that your family can leave you in the room with it and wait outside. This is good for practicing how the mind is concentrated by being indoors as if you flip out doing this you can ask them to come back into the room again. Then when a family cannot be in the same physical space it is possible that you can call your family on the phone so once again there is some back-up at the worse times. Fortunately, this only happened now and again.

Family can help you concentrate so once calmed down distraction is more possible, and this should calm you down even further. This can be helped by the soothing friendly atmosphere of the day center where you can relax and get more absorbed in the courses on offer. So, this will help with safety needs. Yet you cannot study forever but this does provide another definite break in the continuity of the symptoms during which it allows you to be more emotionally receptive to family support.

They will also love you in spite of stigma and this will help you deal with the fear of this which surfaces in between episodes. So, after the psychoses these thoughts will come to the fore when you are not so preoccupied with paranoia. This will add to the worry

about the next episode so both need to be tackled at once. Living in sheltered accommodation will help solve this problem but when living independently you will need family contact to soothe the danger of this.

You take after your family so they can help you be yourself again. Some kind of self-study can distinguish how you and your family see you in contrast to what the voices think of you. This can help generate some insight. Yet where insight is reduced their love will be just as powerful as compassion therapies. Then you will realise that emotionally you have a lot to offer so you will esteem your good qualities and all these good things can be counterposed to the voices.

With family support you won't be suffering as much so you might in the end develop a philosophical attitude to your illness. Your life won't seem such a waste with loving connection. You may be more accepting once the suffering is eased so far as you can still grow with the experience in Maslow's ways. There will be a point to life so you will come to terms with the way you have had to live it. Family can make all the difference.

Families will want to know how they can help their loved ones when they first develop schizophrenia. They may feel helpless in the face of the terrible symptoms. Yet they can play a major role in the support and recovery of their loved ones. There are a number of ways of doing this as the sufferer moves through the

different parts of the Maslow tree. Much therapy is possible here as the person begins to grow at the same time as overcoming their problems.

Family contact starts out as a lifeline. This especially when the new patient may have lost friends through stigma. So, you realize you are not on your own confronting these symptoms. Then when hearing voices, it is important they can take your side. Voices can be frightening so the dialogue will help with your safety needs. Listening to your family's voice will distract you from what you are hearing. So, you can focus on them instead, which is another way of calming down.

More than this you will trust your family so they can help with insight when going with you for graded supported exposure as when you are too frightened of the spying neighbours to leave the house. They could further distract you with conversation which in turn helps with practicing confrontation. So, insight and exposure can be combined to help with safety needs. Then once calmed down again it is possible to distract yourself from these thoughts and focus on being with your relatives in that situation.

Family is needed here as there is more to talk about than with a support worker as there is often no common ground for the conversation. There is also more emotional strength at the same time. Then when hearing voices when out and about it all keeps you calm

enough so you don't draw attention to yourself. It also helps when practicing all this that you know your family would never put you in a dangerous situation and trusting in this is good for developing insight.

A family atmosphere is also needed when on the hospital ward and where this is absent family visits are going to be very important. They can take you out for supervised leave when under section which makes a hospital stay more bearable. Again, with respect for safety needs and emotional pain this can be soothing as it allows a break from the symptoms when confined in there. Then on discharge a family feel could turn your new house into a homely environment which could be soothing too.

In addition to the medication, family support can soothe emotional pain and depression in schizophrenia. Things will get less stressful and that should speed up the recovery process and allow you to be discharged sooner. Not being overwhelmed by stress will help you confront the fear that you might snap. Again, you don't feel safe when having voices that could cause this knowing what could happen to you. Family support will be very reassuring in that this can be prevented.

On discharges making new friends is difficult so socializing with family is very important until you meet new people. You don't have to do everything on your own, I find it helpful to go shopping or eating out with

mine gain, this helps with a low mood. It will bring out your emotional side more and again is soothing with the fear and pain. The more we enjoy the experience the more distracting it will be. So, living it up as best as you can is a good way of taking your mind off things.

Living independently means spending a lot of time at home. This can concentrate your mind on the voices. So being able to get out with family emotionally clears your head so you can cope with things better when you get back. Again, this can help cope with safety needs as it gives a break to build your strength up with fear. It is also distracting and soothing. It means you won't associate your house with somewhere you have been suffering. This will then stop things adding to the emotional pain caused by voices and further reduces the fear of passing out with it again.

This getting out helps also break the day up so when you are on your own the rest of the time it is easier to get through the through the day by keeping busy with other things. This helps keep you motivated with your life, and you are able to look after yourself better. Being able to keep busy like this further takes your mind off the anxiety caused about the symptoms coming back. Once you have cleared your head by getting out it is easy to concentrate on a movie or game when back in the house.



It is very therapeutic to be able to go home and enjoy the feel of the place. Again, this is soothing, especially at Christmas and being able to see the kids. All this adds to the variety of places you can go to and creates insight as you can remember life before the illness when you weren't paranoid. The insight makes you feel safer and provides another way to have a break from the symptoms. You will remember your self-identity before the changed self-perceptions with schizophrenia.

My family periodically took me on holiday, for example going to the coast. A change is as good as a rest, and this was one of the best places for relaxing. It provided a definite break for living with the symptoms once a year and helped as having something to look forward to. This was particularly soothing and until I made new friends my family was the only way of doing it. Then it was possible to get out and away with them which added to these therapeutic outcomes.

I found it easier to practice breathing and safe place imagery in a relaxing and supported environment. Having my family with me was good to add to the pleasure diary of everything and as I started to enjoy life again, I could overcome the emotional pain. There was less fear of passing out with it. My family's positive reinforcement was vital here and cancelled out the negative reinforcement from the voices and delusion, so it wasn't so overwhelming.

Also, now that I was emotionally stronger, I wasn't so emotionally drained all the time. I felt more able to take up the challenge of confronting the milder anxiety in between episodes. Anxiety itself can be a difficult problem if it goes on for long enough and doesn't let up. Yet when I was more engaged with life, I found it easier to distract myself. I could have a rest which left me more able to confront and overcome it. I could now also cope better with the crisis episodes as I knew they would pass. I was now strong enough at these times to stand up to the voices and get through things.

Hearing voices criticizing you can make you feel bad about yourself. Yet your family identity and values can be used to challenge the influence of what you are hearing about you. The voices can hurt your feelings with what they say but families love can soothe the pain of this. Your family will value you for who you are in the way the voices won't. You can restore your sense of self-identity despite being criticized for who you are and realize the criticisms reflect only a part of you.

Once you have found your own voice this will help you self-actualize. Your family will know you just as well as the voice and so can answer it back. That will make what you are hearing more muted and allow you more chance of hearing your own voice. Once you speak out for yourself the voice will have less power over you so you can be yourself more. Then your family will

reconnect with you during the process and bring you out of yourself more.

Going home it is easier to remember your background and sense of self. There will be strong associations of who you are as you will have spent your formative years in the place. This can add to the way you see yourself in contrast to what the voice makes you out to be. So again, there is a way of keeping it quieter as you remember who you are. It is the perfect setting to add to the dialogue between yourself, your family and the voice and for hearing your own voice again.

There are problems with families doing all this for self-growth if they are too busy. Yet I find meeting up a few times a week and having a phone call on the other days is enough. Yet if family support has been lost through stigma the consequences are serious. If you are feeling particularly anxious when on your own there are just at the end of the telephone whenever you need it. This is reassuring for safety needs in between episodes and stops you worrying about it all the time.

Family support in this way allows you to live independently of Sheltered Accommodation. That gives you a greater sense of personal space and self-determination. It allows you to live the way you want and find your own sense of self-identity. We will remember how we used to live and pick up from where we left off. We will then know not everything has been

lost through having a severe mental illness. This connection with ourselves will help us grow and self-actualize again.

In the end the burden and onus of support will be eased as the new service users make friends as at day centers or by living in sheltered accommodation. Family help is vital to getting to this point. Then the life of the person will be more self-sustaining. Once you have made new social contact this can help with self-growth needs in addition to family support. The soothing and emotional strength once established will mean there is less likelihood of lapsing back into isolation and withdrawal.

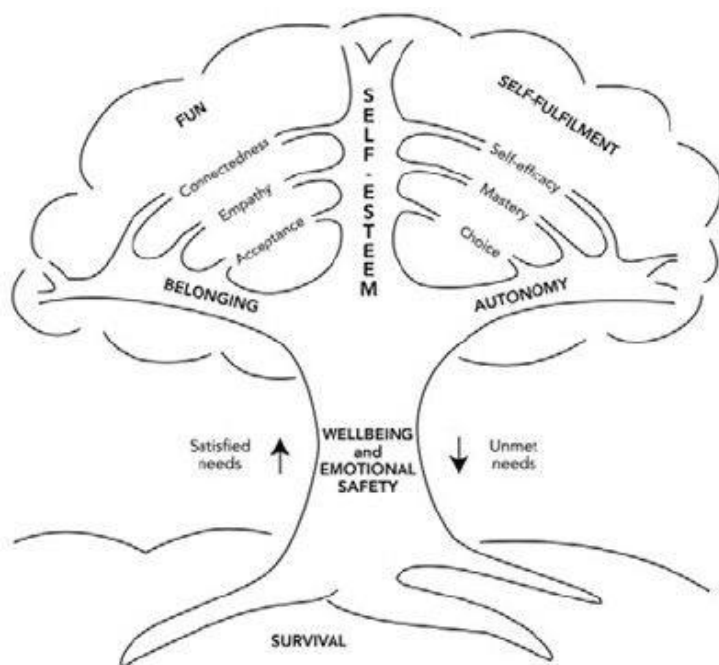
### **Conclusions**

Personal Growth improves our overall wellbeing in life with schizophrenia. It calms us down and opens up our emotions. We can get to the point where life has some meaning again. We realise that illness does not mean just endless suffering. Life will get back to normal despite being criticized as we come to realise voices and delusions are only part of our lives and there is much else to life even with schizophrenia. Love is one of the most important things in life and your family is part of that.

So, family allows a path of self-development in which we can define what is most valuable in our lives even when the suffering makes us question the point of it all. Yet some people still commit suicide even with family

support. So sometimes personal growth might not always be an answer. Then as schizophrenia is stress induced, loving support from family can soothe this alongside therapies like compassion focused therapy. Family support might not always be enough on its own.

**Mark Ellerby**



**Maastricht Interview Training for Hearing Voices & Problematic Thought Beliefs & Paranoia Is available online and face to face from the National Paranoia N Training available, How to use the Maastricht Interview for Hearing Voices & Problematic Thoughts, Beliefs & Paranoia, Working through Paranoia, Making Sense of Hearing Voices & Working with Childhood Trauma It can be delivered across the world for more information and costings Email [enquiries@nationalparanoianetwork.org](mailto:enquiries@nationalparanoianetwork.org)**

Online Hearing Voices & Paranoia Support Groups Join our online Hearing Voices & Paranoia Support Group Meetings on ZOOM

Thursday 3pm -4.30pm with Paul Meeting ID 88460268952 Password 375878

Sundays: HVN USA on ZOOM 6:30p - 8:00p USA Time with Cindee 11.30pm – 1.00 am UK Time Meeting ID 827 5463 8654 No Password Needed

Saturdays Texas USA HVN Meeting on ZOOM 10am-11.30 USA Time with Paul 4pm-5.30pm UK Time Meeting ID 83079149464 No Password Needed

**Sheffield Hearing Voices & Paranoia Support Group. The group runs. Every Monday 11.00am-12.00pm at the Gardner's Rest 105 Neepsend Lane Sheffield S3 8AT**  
*Contact [peterbullimore@yahoo.co.uk](mailto:peterbullimore@yahoo.co.uk)*

***Tel 07590837694***

**Online Hearing Voices Group in Ireland Facilitated by Michael Ryan**

**Hearing Voices Group Ireland**

A group for people who hear voices or experience paranoia and unusual beliefs, on Zoom

Facilitated by Michael Ryan

Every Sunday @ 4pm

Zoom Link <https://us02web.zoom.web/j/89201253186>

Email: [vhmichael9345@gmail.com](mailto:vhmichael9345@gmail.com)

With enquiries

**Families/friends can contact**

**families@usahearingvoices.org**

**For support groups**

**Unusual beliefs group St Mungos**

**Every Thursday 2.30-3.30**

**93 Shirland Road, London W9 2EL**

**Contact Helen Claire Taylor ([tayloh15@lsbu.ac.uk](mailto:tayloh15@lsbu.ac.uk))**

'Talking Heads' Support Group runs on every first Tuesday  
of the month at Brunswick Centre, Strand Close, off  
Beverley Road  
Hull, HU2 9DB from 3pm – 4:30pm. People with  
voices/visions and unusual beliefs are welcome  
Contact Dan 07816 864727