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

Differentiating the Reality Part from the Paranoia Part

Kate Crawford

My experiences of paranoia started earlier than for many. I was just a child when I first experienced fear and being only four years old, I did not really understand what was going on. Little did I know that it was going to haunt me for many years. Being such a young child, I did not realize everyone did not have the same confusing things going on in their heads. When the experiences started, I was being physically, emotionally abused and neglected. My mother cared for me for four years. Then she changed, she became someone I no longer knew; she was angry, aggressive, and no longer caring. Where had my mother gone who was this stranger who now ran the house with a rod of iron. I was living with an imposter.

She had many ways of punishing me, for whatever I had supposedly done...though existing seemed to be my worst crime. Locking me in the coalbunker, with no food or water and sometimes with no clothes. I would sometimes be able to sneak food in beforehand or even sneak out for food if she had unlocked the door while I was sleeping. If I created any fuss, I was beaten so I learned to go in when I was told to. The only things I

had to focus on when locked in there was the lock on the door, the moon which watched over me. The moon became my friend as I focused on it in my mind and escaped into my imagination; when bad things were happening, I was sat on the moon in a deck chair and not in my body experiencing the pain.

The moon became important to me, her light showed me where I had hidden the food, meaning I did not starve. The moon is still especially important to me now, feeding my love of astronomy and even now giving me something to focus on when times are bad.

At school, my oddities went unnoticed. The ongoing abuse was overlooked, and I was a loner. Kate was the odd kid who was never allowed to bring anyone home or stay with anyone. I had no friends, and no one played with me. The abuse had expanded at home to include the imposter holding my head under water while I was in the bath. The bruises she caused me were just added to by the bullies at school who made me believe that all I was on earth for was to be someone's punch-bag. The teachers said and did nothing, seeming not to notice what was going on, not even taking real notice of the fact that my mother had cut off all my hair. I started to think maybe I am no longer on earth this is a planet of aliens where I have been transported to. When? How? Did this happen?

Have I been transported to this place of nastiness when I escaped to the moon to avoid any more pain? I was so confused, where am I? Who am I? Why is everyone hurting me?

After my mother died, my world amongst these alien people got more intense I was put in a children's home. There I met the leader of this Alien world. He worked in the home he possessed me and did experiments on me and made me perform alien acts on him and other children, I realized now that I was right. They had to be aliens as human beings would not do these things to children. They Aliens were now taking many forms some looked like trees and for fingers they have branches which are long and crooked. When I looked out of the window, I could see them watching me.

Life went on in this strange world that I was now inhabiting, but not very well. One kind of Alien; was exchanged for another, I then went to live with my grandmother. I tried to live a so-called normal life, in an existence where I had no role other than to be experimented on. But the things going on in my head were far from normal. Four years later at seventeen she died, and I was on my own in this world as I had always been, in my own world of fear and confusion but at least no one was hurting me for now.

I was first hospitalized when an Alien decide to torture me again and he raped me when I was 34, that caused me to become pregnant. I had to have a termination as I could not carry an alien's child. I was diagnosed with post stress paranoid schizophrenia while I was hospitalized after the rape, the initial reaction was to medicate me, in the belief that the medication would silence me as I was speaking out against the Aliens. All that the medication did for the 28 days that I was sectioned weakened my resistance to being vocal and made me sleepy. On release I was thrown back to the unreal world with no support and a bottle full of pills that were supposed to cure me.

The stress of these events and the horrors of my past started to resurface and caused me to decline. I was re-admitted to psychiatric services.

I became like my imposter mother after the injections they gave me, I would sit in a chair all day where I was put without a coherent thought in my head. When I was allowed to start coming round from the medication, I figured out rather quickly that admitting to knowing that they were Aliens was not going to get me out of this place of experimentation. So, I lied through my teeth, telling the psychiatrists (Main Aliens) exactly what they wanted to hear about how their wonder-drugs were working.

Then I had a lucky break. I met another fellow human being who seemed to be on my side it was my Health Visitor who was the first person who listened to me and understood me and believed me. She pointed me towards the Hearing Voices Network.

Within the Hearing Voices Network, I found for the first time in my life a group of people who understood what I was talking about and who believed me others who had been abducted by Aliens, experimented on, at last I was in a world that I understood with others who understood me . I was in a safe world where there was no torture, no hurt, no pain.

I felt like I could move on, but my past came back to haunt me.

I had not long started attending the voices group and was on my way to the group when everyone I saw in the street looked like Aliens like the ones I described earlier. My paranoia set in, and I was scared to go any further in case I was abducted and experimented on. At the time I was going through divorce proceedings due to domestic violence and my ex-husband who I now believe was also an Alien due to how he treated me twice tried to stop the divorce proceedings going through I ran to a three-story building intending to jump off. As I walked to the edge a thought struck me if I kill myself the Aliens have won. Why was I thinking this way things had been going so well? I stopped at the edge and thought hard trying to understand why this was happening.

I realized that this was reminiscent of the years of being tormented by Aliens I could not get the Alien that I married out of my life. Why had this all started again? I thought hard about what had been happening in my life, then it hit me like a bolt from the blue. There was a new member who came to the group who looked just like an Alien that I had met years ago fear led me to believe that this man was indeed the same Alien. I called two workers from the Hearing voices group who came and guided me back to their office by talking to me and asked me to close my eyes so I didn't need to look at the Aliens this way hopefully my paranoia would ease. They listened to what I was saying and carefully helped me realize that the fears were rational based on my past experiences. The man from the group who I thought was an alien popped his head into the office to say goodbye, his voice was quiet and calm, unlike the Aliens from the past he smiled at me and said, "my name is Chris, it is nice to meet you". This was totally different to the Aliens of the past. Through support and understanding I gradually made connections to my past experiences. Now I know that not everyone is an Alien, not everyone wants to hurt me. If I can make connections to my past, I can make sense of the present.

Kate Crawford

Building Your Emotional Intelligence

1. **Emotional Self-Awareness:** The first step to gaining emotional awareness is chipping away at the wall that stands between you and your feelings. While a focus inward may be challenging at first, over time you'll be more likely to identify and accept the emotions you experience. Working with a therapist can be a great help toward gaining awareness and overcoming blocks that have been with you for quite some time.
2. **Emotional Regulation:** As you begin to notice your feelings, you'll soon recognize that you have lots of them! Regulating your emotions will be necessary: Listen to your feelings and what they're telling you, manage and direct them, soothe yourself, and implement coping skills that work for you.
3. **Empathic Abilities:** When you are emotionally attuned to yourself, you inevitably become more emotionally attuned to others. You'll notice what other people in your life might be feeling, and conversations can transform from superficial to meaningful.
4. **Internal Motivation:** With the emotion skills above, you'll begin to align more closely with who you truly are. Your feelings guide you to make choices that are right for you. You'll feel

more passionate about life and what gives you purpose.

5. **Social Skills:** Working on these skills opens you up to your emotional world. Here, you'll find meaningful relationships, an authentic sense of self, and motivation toward your goals. As you heal your emotional neglect, your social skills can noticeably improve.

What if we became a society that greatly values emotions? If this ever happens, I'm willing to bet that people everywhere will be more connected, fulfilled, and joyful.

So, what do you say? Do you want to do the work to become more emotionally intelligent?

When you're ready, just focus inward, and listen.

Coping with Voices

This section suggests some practical, mainly short-term ways, of coping with voices.

Distraction Techniques

Give them a reason not to notice you.

Who do you distract? Well first start with distracting others, in many ways it is easier. Douglas Adams, the writer of the hitchhiker's guide to the galaxy, makes a very accurate and useful observation of human nature. Human beings do all they can to not notice things as unusual, to explain things away and not to intervene. In Adams' fictional example humans refuse to see spaceships landing, however there are practical applications of this phenomena and uses for our desire not to notice.

Many voice hearers can cope to varying degrees with their voices but have problems from time to time when they have to go out and move about in crowded places. Most voice hearers realize that when they have to respond to voices people notice and at best think that they are strange or call them unpleasant things, this causes a great deal of anxiety and in turn leaves the person more open to negative voices.

Firstly, I would try paradoxical working and structuring time (discussed elsewhere) to see if voices will leave

you alone whilst you go out and do what you have to do. If this does not work, then you can try any of the following:

Finding an interest

One of the greatest ways to distract yourself is with something that catches your attention, meaningful employment is the one that most of us use but if you do not or cannot work then some other form of activity or action is essential to give you not only distraction but also a life outside of your voice hearing. Spending too much time with your voices might seem like the easy option at first but it can have very disruptive long-term effects, especially if you develop confusing beliefs as a result of what the voices tell you and don't check these beliefs out with friends before they become fixed and developed in your frame of reference.

Doing something

It is very hard to both listen to voices and do something else either physically or mentally because of this one of the ways of getting some relief from voices is to do something. When you are doing this the voices will move into the background. The more you have to think about the task the more they will move away. The most basic in terms of activity is a pure physical task, the most readily available is housework but for many this is boring and that is why so many people have untidy

houses. Some people, however, enjoy it and then it can be a great asset. The one some people recommend is playing a video game, even the handheld type. And they focus on games that can help get rid of some of the anger or other games that are loud, fast and require the person to think quickly. It is amazing how fast this method can move the voices.

Concurrent Verbalization

The benefit of this approach is that it can help you to distract yourself as well as stopping voices: it may also have the added benefit of teaching selective listening. This method can demonstrate that you can control your response to voices or intrusive unwanted thoughts even if only for a short time.

This technique works on the assumption that most people find that concentrating on two things at once is difficult, if not impossible. Also, some research suggests that when people are hearing voices, they make very small movements of the vocal cords and mouth and tongue, sub vocalization. If this is true, at least for some individuals, then the occupation of the speech generation mechanism in another activity (verbalization) may block the voices. We know from reports that if you are speaking it moves the voices away somewhat. Practical applications of this can be reading out loud, indeed some people I have worked with tell me that reading to yourself is just as effective.

Essentially anything that allows you to use your own vocal cords can help to minimize the volume and intensity of the voices.

Stopping and Naming

Following on from concurrent verbalization, this technique simply involves you stopping what you are doing and naming and describing the objects around you. This can be done either out loud or just in the mind, both have been found to be effective. The theory of this arises from both distracting yourself and also from the knowledge that the vocal cords and the vocal areas of the brain are active when you are hearing voices. By activating these areas, yourself it seems to have, for some people, the effect of reducing distressing voices. Secondly this method can distract you briefly, say when you are in public places, from responding to the voices. Naming objects in a shop window are a lot less likely to attract attention to you than just speaking out loud as its simplest if voices are giving you hassle and you want relief it can be hard thinking of conversation, and this can be an alternative way of occupying yourself. You can instead just stop what you are doing and name to yourself the things that you see around you, for instance a grey door with flaking paint, a window, a vase or a book. Doing this for a few minutes can get you some control back in your life and can also provide relief from the voices.

These methods are, together with physical methods, amongst the most effective in the short term but their long-term benefits are not substantial.

Drowning out the Voices

Probably everyone's first learned skill with voices to get relief from them by drowning them out. With some demanding voices or voices that you are suspicious of this doesn't work as well but with persistent nuisance voices it can help to get some relief from them. The commonest way to do this is to play music that you like at a volume that means that you cannot hear the voices. This volume varies from person to person and from time to time, but it is most important to consider others, as it can be annoying to them to hear the music as the voices can be to you. One way around this is to use headphones, although these limit your movement but if you can afford it there are roaming headphones that you can now use or even personal stereos.

Another way of drowning out the voices is to go to noisy places, but these tend to be public places and are not suitable for everyone. Repetitive activity that you don't have to tax yourself with can help some people to switch off from the voices and to also stop the voices from having a disruptive effect,

Longer Term Strategies

Whereas the coping strategies mentioned so far are mainly useful in the short term the following techniques may be more beneficial over the medium to long term. Most of these strategies can be useful, however, if introduced very early in the person's experience of voice hearing.

Replying to the Voices

A simple response to the voices rather than ignoring them can be helpful, especially if the voices are giving a commentary on your actions or saying inane and unimportant things. Often in these situations the voice hearer may infer criticism or become very suspicious from these seemingly pointless commentaries. These trivial voices can become very disruptive for your life if you see too much in them so for example if the voice says, "That Street looks dark." It is easier just to respond simply and assertively "yes it does" or "no it is not." Lengthy dialogue in these situations is unnecessary and unhelpful.

Keeping a Record or Diary.

Keeping a record of what the voices say over time can be very helpful for the person to see any meaning, patterns and origins of their voices. A specific diary just to record the voices is usually the best way of doing this.

Checking if what they say is true.

Some people see their voices as having powers of foresight or knowledge, it can be helpful to check if this is true, usually by checking it with a friend or by seeing if what the voices say is true. Iain told me that he knew his voices were always right because they would tell him things like “the next car will be blue” and he said they were usually right. We tested this together, I asked him to tell me what they were predicting as it is very hard on your own to tell if this detail is correct. The voices’ ability to predict the colour of cars was no better than chance so we then had the opportunity to explore why he felt that they were so powerful and if they lied to him or tried to have more influence than they could.

Martin felt haunted by two voices that could predict things happening to him and would come to him disguised as birds and try to trick him by making noises in the house to frighten him. Basic exploration of these ideas enabled Martin to conclude that perhaps he was inferring far more power than was actually the case for his voices.

Structuring Time.

If I had to list the methods in order of effectiveness and ease of use, then this method is probably number one on my list. Getting relief from the voices is more people’s first priority. In order to do this many of the

distraction techniques can work but they work far better when coupled with this method. At its simplest I always say it is far easier to ignore voices, distract yourself from them and do deals with them if you also agree to give them a specific time.

The basic premises of structuring time is that you should set a limited period of time aside to listen to your voices and then try to keep the remainder of the time for yourself. If you live with someone else, a family member or partner they can help you with this by helping you stick to a timetable. As you know when talking to your voices it's easy to lose track of time.

Start by setting a realistic period of time aside for your voices, if you are afraid of your voices you may want to have a friend with you when you do this. Two hours is usually a good period of time although many people want to reduce this to one hour pretty quickly. This time should be when it is least disruptive to you, say in the evening when you are normally on your own or when you come home in the morning from taking the kids to school.

Tell your voices if you can that they are having too much influence on your life, that you will listen to them, but only when it is convenient for you. They usually don't like this at first as they

Building Barriers

The method especially useful for telepathic voices but also useful for other voices is the building of a barrier or mental/psychic wall. This technique is a very simple one and is similar to visualization except that rather than visualizing the voice you visualize a barrier or wall between you and the voice. Again, you will benefit from some basic focusing techniques in order to that you know how far away the voices are and where to build a wall. Most people start building the barrier slowly when they are relaxed, you can even see a brick wall and put it up brick by brick. The voices may then find it difficult to penetrate through the wall. This method only allows short-term relief, as it is difficult to keep a barrier up for long periods of time. Once you have developed this as a skill you will find that you can put the barrier up very quickly. Some people can then leave gaps in the barrier and allow through selected voices or messages, so the wall becomes more of a filter. More information can be found about this and other techniques in a book by Dion Fortune (1997), *Psychic Self Defense*, ISBN: 1 899585 40 0.

Creating Boundaries

We all have rights as human beings and can use these in our discussions with our voices. We should not expect to be spoken to or treated badly and the same is true of the voices that you hear. You should not accept abuse

or things from the voices that you would not accept from other people and must learn to chastise the voices, say no, and ignore them if they are being offensive or inappropriate. You must be assertive about this and nip any unacceptable behaviour in the bud by sending the voices away as soon as they say anything you do not like.



Rethinking Secondary Mental Health Care

The book is also available here free of charge

<https://www.taylorfrancis.com/books/oa-mono/10.4324/9781003041344/rethinking-secondary-mental-healthcare-robert-griffiths-vyv-huddy-stuart-eaton-jasmine-waldorf-warren-mansell>

This book aims to apply the principles of a theory of human behaviour – Perceptual Control Theory – to make secondary mental healthcare more effective, efficient, and humane. Perceptual Control Theory argues that human health (including mental health) is dependent on our ability to control our experiences of the world in a way that we find satisfactory. From this perspective, mental health services should be designed to help people maintain control over those aspects of their experience that they think are important. The first-person perspective of service users, therefore, is what really counts when determining whether mental health services can be considered ‘effective’ or ‘helpful’. Further, the book argues service users should be given much more control over the kinds of support they are offered and how this support is provided. Two of the books’ authors, Stuart Eaton and Jasmine Waldorf, draw on their lived experience of using secondary mental healthcare to illustrate the key theoretical principles described in the book. The authors hope that this book generates some discussion about the overall purpose and design of mental health services so that they can be made more helpful for those who use them.

YOGA SECTION

The joy and pain of teaching any kind of material is that as you teach, however you teach, you invite an experiential deepening of your own knowledge. And small as this might seem like a place of teaching it's bringing me new challenges that inspire and influence my writing each month.

As you know, we are moving through (to begin with) the seven bodily chakras, inspired by the system seen within yoga and other energy esoteric practices.

Last week I received a reply from a teacher very dear to me. She has responded to an email I sent over the summer when I had been foraging and looking at the similarities of different patterns in nature and in the body.

Her practice, which has been a near life-long enquiry into what people term "experiential anatomy" is not mentioned in Van Der Kolk's book "The Body Keeps The Score", but you will find many of the world's most prolific writers and leaders in somatic therapies and indeed yoga are informed by the works of Bonnie Bainbridge Cohen.

I'm referring to Body Mind Centering®, which is the practice of slowing down and noticing your own body from the macro to the micro. You could call it the

mindfulness of anatomy, but it is informed by yoga and her years of experience in performance and occupational therapy.

And at the moment it's my main meditative practice. I asked her what to offer you all, from the horse's mouth so to speak, however she rarely is online, preferring to feel into everything instead.

I came up with this, which is listed on her website,

*"The mind is like the wind and the body is like the sand:
if you want to know how the wind is blowing you can
look at the sand."*

I thought this is so applicable to people like ourselves who struggle with maintaining steadiness of mind. We often get caught in the mental energy and traps of confusion; of fear; of paranoia.

And a big part of this is not knowing always where is the center? Where does the compass point? And where does reality sit?

How can we tell?

Disassociation literally prevents us from working out what's going on in ourselves. Mental confusion distorts our perception of reality and paranoia shatters it completely.

So, if our mind is in chaos, where can we look?

The body, of course.

Finding a sense of safety is paramount. And luckily, the body is nothing if not predictable.

We are all born with mostly the same set up. We all gestated for more or less the same time, whether we were conceived naturally or not. And we all have more or less the same parts that work in more or less the same way.

So, when there is chaos and I feel myself slipping into patterns of thought and paranoia that could be completely debilitating I choose to practice. I take breath. I listen to my body, and after years of training and practice she talks to me.

As a very sensitive person you may often find your body taking on or mirroring those others around you, confusing your senses.

So, what does that mean?

It's just more information and like anyone trying to learn anything you must first read it.

In BMC®, you learn by listening to the body, by moving with it and by sounding into it to see what comes back. It's a strange therapy tool because it is so universal and despite being more for therapists, definitely brings out a universal and childlike curiosity that you might have left in school.

Like, the jiggling of fat or the pulse of the various liquids and the heaviness or lightness of bones, the weight of the liver the ballast of the kidneys and the containment and nexus of the skin.

But what is most intriguing is that you might find that you understand things around you with less personal attachment to story, and therefore a lot less suffering. Because organs have no grudges. They simply perform their function and there is both freedom and definition in that.

3. Solar plexus

Manipura is the third chakra in our journey and relates to personal will. This is the driving force behind determination and energy.

Manipura sits at the solar plexus right near the pancreas.

This is important because the pancreas is key in our digestive and endocrine system to manage our energy.

Producing insulin and other enzymes to break down sugars and make sure we are not poisoning ourselves with our food.

This chakra also sits near the adrenals and kidneys; both again related to energy management. While typically for filtration of blood, the kidneys are seen in Chinese medicine as energetic power houses and to tap into kidney energy is to empower and ground through the lower body and the whole human circuitry.

The adrenals, well, these produce adrenaline and are probably in the case of most living with paranoia, misfiring or being overly relied upon.

How can we balance here?

If the pancreas is overstressed it causes panic. So obviously the first place we can go is diet and the plain truth is the modern diet contains way too much sugar, something I lament regularly while eating my favourite cookies.

Today I have two practices that stimulate the whole area, allowing you to bring awareness and therefore better overall function to your energy systems.

Kidney breathing

How to:

1. Bring both hands into lightly closed fists behind the back and start to massage into the space of the kidneys, at the middle waist either side of the spine.
2. Pause with the backs of the hands resting on the kidneys.
3. Open your fingers like lotus flowers and feel the kidneys emanate out of the hands and into the space behind you.

Gentle seated twist

1. Find a seat on a chair or on the floor with the weight balanced evenly on both sides.
2. Inhale and raise your arms overhead.
3. Exhale and twist over to the right, left hand outside the knee and right hand to chair, to floor, or (if you're very open in the shoulders) to left hip.
4. Let the twist deepen internally as you breathe, inhaling to find lift and lightness through the central column of the body and exhaling to deepen the twist.

5. Stay here as long as it is comfortable, but perhaps between 3-6 breaths.
6. Change sides.

The thing with Bonnie is that she doesn't like to answer too many questions, preferring to lead into more questions and prompting you to go deeper and deeper into your personal practice . Whether you're a facilitator or attending groups with NPN, or simply subscribed to the newsletter you're reading this because you believe in taking charge of your health.

When you have a long term or even lifelong illness you have to become your own carer, so I cannot think of a better practice or rabbit hole to dive into for the beginning of 2024 than to know and become aware of our bodies.

Please feel welcome to feedback your experiences of the newsletter.

Jazmin Jewel



Deprivation of Liberty: Moving Forward

WEDNESDAY 17th JANUARY 2024

VIRTUAL, Online

The Department of Health and Social Care announced on the 5th April 2023 that the implementation of the Liberty Protection Safeguards will be delayed until at least the next general election (anticipated to be in Autumn 2024). With the delay to the Liberty Protection Safeguards it is more important than ever to ensure the existing scheme of Deprivation of Liberty Safeguards (DoLS) works, that providers understand the application of Deprivation of Liberty Safeguards and interaction with the Mental Capacity Act. It has been widely recognised that there are number of challenges associated with the current DoLS system, particularly in light of the increases in the number of DoLS applications – which have been seen across England and Wales. In light of the UK Government decision, we will need to consider how we strengthen the current DoLS system in order to continue to protect and promote the human rights of those people who lack mental capacity.

For further information and to book your place visit <https://www.healthcareconferencesuk.co.uk/virtual-online-courses/liberty-protection-safeguards-mca> or click on the title above or email aman@hc-uk.org.uk
Follow on Twitter @HCUK_Clare #LPS2024

Maastricht Interview Training for Hearing Voices & Problematic Thought Beliefs & Paranoia Is available online and face to face from the National Paranoia Network. 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 peterbullimore@yahoo.co.uk

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 85737775621 No Password Needed

Sheffield Hearing Voices & Paranoia Support Group. The group runs face to face. Every Monday 11.00am-12.00pm at the Gardner's Rest 105 Neepsend Lane Sheffield S3 8AT

Contact peterbullimore@yahoo.co.uk

Tel 07590837694

DO YOU EXPERIENCE VOICE-HEARING?

We want to understand your experiences!



We are looking for:

- People who are actively experiencing voice-hearing
- Over the age of 18
- Have access to a computer, phone or tablet with internet connection

To take part in this study safely, it is important that:

- You are not experiencing acute mental distress
- You have not used drugs or alcohol within the past 12 hours
- You are not experiencing medication side-effects which may impact your ability to take part
- You do not have a diagnosis of a learning disability
- You do not have a diagnosis of dementia or an organic brain condition

What the study involves:

- Completing three anonymised questionnaires and a short video task
- Your information will be used to help to improve understanding about the development and experiences of voice-hearing.

If you would like to take part, please use the link below or scan the QR code. For further information please contact Rachael Lester Trainee Clinical Psychologist at rachael.lester@liverpool.ac.uk

Link to survey: https://livpsych.eu.qualtrics.com/jfe/form/sv_6YJdfo9CxNMKdim

QR code:



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

With enquiries

Families/friends can contact

families@usahearingvoices.org

For support groups

Unusual beliefs group St Mungo's

Every Thursday 2.30-3.30

93 Shirland Road, London W9 2EL

Contact Helen Claire Taylor (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