



# Hearing Voices Network

HEARING VOICES NETWORK AOTEAROA NEW ZEALAND

## HEARING VOICES NETWORK SUPPORT GROUP INVITE

*It is estimated that between 5 and 10% of the general population hear voices.*

*The Hearing Voices self-help support group invites all voice hearers and carers to come along and share your perspective and knowledge of voice hearing over a cup of tea or coffee – helping yourself and others at the same time!*

### WHO ARE WE?

The Hearing Voices Network was inspired by the pioneering work of Marius Romme and Sandra Escher, and a Dutch self-help group, Foundation Resonance.

The networks have been very successful and are now operating throughout the world, with the help of people such as Ron Coleman and Arana Pearson of Keepwell NZ.

### WHAT ARE OUR AIMS?

- To share experiences and coping strategies
- To educate society about the meaning of voices
- To develop a range of non-medical ways of assisting people to cope with their voices
- To bring voice hearers who cope with their voices and so have not been in contact with psychiatric services together with people who are distressed with their voices
- To support self help groups of voice hearers
- To support a national network of people who hear voices, as well as mental health workers, family and friends

*The Hearing Voices Network is open to diverse opinions and we accept the explanation of each individual hearer. HVN aims to de-stigmatise voice hearing experiences, believing that this can lead to a greater tolerance and understanding of the phenomenon. This can be achieved by giving people ideas for developing their own ways of coping.*

#### WHEN:

**Wednesdays at 7:00PM**

**– out the door by 9:00PM!**

**20 June • July 4, 18**

**August 1, 15, 29 • September 12, 26**

#### WHERE:

**Te Ata, 14 Hickory Avenue,  
Henderson, Waitakere, Auckland**

#### CONTACT:

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