

Advice from young people who took part in the Young Voices Study

What would be your advice for other young people who hear voices?

This document contains sensitive information, please talk to someone you trust if you find the information upsetting in any way.

Young Voices Study

 Manchester Metropolitan University  MANCHESTER POST



THE AWARDS
2018



 @youngvoicesstudy

Advice from the 70 young people who took part in the Young Voices Study

What would be your advice for other young people who hear voices?

“ I try to make meaning of it or remember that even though they're scary, they have never hurt me.”

Talk to someone you really trust if you can –

“ Not because you're not strong enough, but because it's foggy and your path is clouded. Get help if it's too much.”

“ Keep talking to people, it will aid your worries, but always someone you trust – not someone who you know will spread rumours. A best friend or a close parent.”

“ Keep socialising with good friends, it lifts your spirits. When there's less stress for me the voices aren't as common, friends help as they ease the stress.”

“ Don't worry as you are not alone. You are not damaged in any way and there are people out there who want to help and support you.”

“ Make your own decisions, not your voices.”

“ My recommendation is to find ways to channel your voices, put all of their energy into things you love.”

“ If your voice makes you angry that it's there, or if it makes you feel angry about you, or anyone/anything else, bounce it back to where it belongs – the voice.”

“ Realise why they are there. Talk to the voices. Also, that you're the one in control.”

“ Try to focus on your positive voices, if you can't, then create one. Or even write things that you like about yourself – like, your jokes, your laugh, your music taste.”

“ You are not alone, talk to someone you're close to about it. Research it.”

Find information about voice hearing online at:

- Intervoice - Young People: www.intervoiceonline.org/children-and-young-people
- Hearing voices animated video: www.hearing-voices.org/news/young-people-hearing-voices-animation/#comments
- Hearing voices forum: <http://hvn.forumatic.com>
- About voices and visions: www.hearing-voices.org/voices-visions/abouts
- Compassion for Voices: a tale of courage and hope – Youtube video: www.youtube.com/watch?v=VRqI4lxuXAw

What helps you cope with the voices?

“Meditation, long walks, and conversation.”

“Write down what exactly the voice says to you, if it is harmful or disturbing to you and bring it to someone you trust, as it is easy to forget what the voice has said after it happens.”

“Make a piece of art or write a piece of writing - find something that suits you.”

“Listening to calm music with minimal lyrics.”

“Meditation and long walks help straighten out my head and make it more easy to tell between her and passing stray thoughts.”

“Sometimes I listen to music and do mindfulness colouring.”

“If this is too much currently and all you need is a way of calming down, carry a notebook around with lots of positive thoughts about yourself in and read and repeat that whilst taking deep breaths or count colours.”

“Music, writing, running and reading help.”

“Texting, calling or meeting someone.”

“Turn it into an imaginary setting and talk to them if they're bothering you.”

“Talking to someone I trust or writing my thoughts down. Drawing helps too, and making up stories. Reading especially helps. Anything to distract me. Crafts are a good thing to do to help.”

“It's all about finding what works for you!”

“You're not alone. There is help if you want and need it. Don't hide it until it becomes too much, ask for help, tell someone.”

The Voice Collective:

info@voicecollective.co.uk
020 7911 0822

The Voice Collective online peer support forum:

forum.voicecollective.co.uk

Crisis support:

Call Childline on 0800 1111

To discover more about the Young Voice Study,

visit: mmu.ac.uk/youngvoices

This resource was developed through a collaboration with the Voice Collective and Young Voices Study. We wish to express our thanks to everyone who contributed their stories, ideas and advice.