

Coping strategies

- ❖ Talk out loud – phone a friend or if alone try reading an interesting book out loud, sing or whistle to a favourite tune.
- ❖ Listen to music – Listen to music that is enjoyable to you. Using headphones can be helpful.
- ❖ Avoid places that make the voices worse – sometimes that can be where there is a lot of background noise i.e. busy roads.
- ❖ Ignore / dismiss the voices
- ❖ Self monitor - Trying to identify what makes the experience worse or what triggers the voices off
- ❖ Stay healthy – eat well, exercise & try to relax
- ❖ Earplugs –using inexpensive wax earplugs can help some people. Experiment with blocking different ears (start with the right ear first if right handed).
- ❖ Talk to other voice hearers about what helps – other people might have other coping strategies.



Getting to the group:
if you would like to meet one of our members before coming to the group, we would be glad to arrange this for you

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Hearing Voices Northern Ireland



1 in 100 people hear voices —
Do you?

Would you like to talk to other people who
hear voices?