



Kilkenny Hearing Voices Support Group

Hearing Voices Support Groups are a safe, social environment that encourage and promote self-empowerment, interdependence and the sharing of valuable information with other group members who are “experts by experience”. They offer a safe haven where people who hear voices, see visions or have unusual tactile experiences can feel accepted, valued and understood.

Purpose of the Group

Hearing Voices Support groups are based firmly on an ethos of self-help, mutual respect and empathy. They are peer support groups, involving social support and belonging, **not therapy or treatment**. They do offer people an opportunity to accept and live with their experiences in a way that may help them regain some power over their lives.

Respect

Hearing Voices Groups welcome the diversity of experiences and views of their members. All explanations for voices and visions are welcomed. There is no assumption of illness and Groups recognize that all members have expertise to contribute to the group, no one member is more important than another.

Flexibility

The Kilkenny Hearing Voices Group is centered around the needs and aspirations of its members. Rather than being solely focused on voices and visions, group members are welcome to talk about issues that are important to them. Also, attendance is not obligatory. Members can attend, participate or become involved as much or as little as they are comfortable with.

Do I Need to Bring Anything to the Group?

No. You may be given handouts from time to time but it is not necessary to bring these back each week.

What will we do in the Group each week?

Each meeting will begin with a recap of the ground rules which have been set up, and can be changed by group members. A specific topic, e.g. coping strategies is then discussed followed by further discussion about how the topic relates to members' own personal experiences. There is also a tea break at some stage during the meeting.

Group Time and Location

7:00 – 8:30 pm

Every Tuesday

**The Mews, Collier's Lane,
Kilkenny, County
Kilkenny.**

Further Information

Please feel free to join our
Google+ group by emailing
hearingvoiceskilkenny@gmail.com

or

Phone

087-9702749

*Beavan, V., Read, J., & Cartwright, C. (2011). The prevalence of voice-hearers in the general population: A literature review. *Journal of Mental Health*, 20(3), 281-292.

While it is difficult to get an accurate figure for the prevalence of voice hearing in the general population, research suggests about one in ten of the adult population hears voices.*



Do you hear, see or sense things that people around you do not?

“I’d been living all these years in a strange isolated bubble, thinking I was unique, and then I realised there were all these other people just like me.” - Ruth