

# BREAK THE SILENCE:

1 in 12 young people hear voices. Let's talk about it.

FOR YOUNG PEOPLE WHO HEAR VOICES, THEIR FAMILIES & SUPPORTERS

IRISH INSTITUTE OF MENTAL HEALTH NURSING & HSE NURSING & MIDWIFERY PLANNING DEVELOPMENT UNIT

## DID YOU KNOW?

- Over 1 in 12 young people hear voices or see things that other people don't.
- These voices can be helpful or funny for some, but **sometimes they can be scary, threatening or confusing.**
- Famous people** who've talked about hearing voices include: Lady Gaga, John Frusciante (ex Red Hot Chili Peppers guitarist) and Gandhi.
- People can, and do, recover** and learn to deal with difficult voices or visions.

## COME ALONG AND ...

- Meet other young people who hear voices or see visions.
- Find out how people can **learn to cope** with difficult voices and visions, and **hear from people who have recovered.**
- Challenge the stigma around voices and visions - **break the taboo!**
- Take part in **creative activities** - sometimes its easier than talking.
- Find out about the Voice Collective project in the UK and **tell us what extra support is needed** over here.

## WHAT ABOUT PARENTS & OTHER SUPPORTERS?

Parents, family members, friends & youth workers are welcome at this event. Come along and you'll have the chance to **share your experiences**, gain **support** and pick up some **new tips** or ideas.

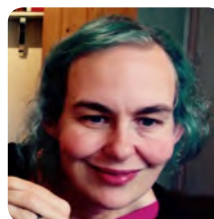
9 JUNE 2016

6.00 - 7.30 PM

@ RM G05, BROOKFIELD  
HEALTH SCIENCES COMPLEX,  
UNIVERSITY COLLEGE CORK



## WITH: RAI WADDINGHAM



Rachel (Rai) Waddingham set up an innovative project supporting young people who hear voices / see visions, and their families.

Mind in Camden's Voice Collective project- [www.voicecollective.co.uk](http://www.voicecollective.co.uk)  
- includes peer support groups, individual support, online support & creative workshops.

Rai has personal experience of hearing voices and seeing visions since her youth, but now has found ways of dealing with them.

See: [www.behindthelabel.co.uk](http://www.behindthelabel.co.uk)

FOR MORE INFORMATION, OR TO BOOK YOUR PLACE, CONTACT: Harry Gijbels  
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