

HEARING VOICES NETWORK IRELAND



Hearing Voices Network Ireland (HVNI) is one of over 30 nationally-based networks around the world joined by shared goals and values, incorporating a fundamental belief that there are many ways to understand the experience of hearing voices and other unusual or extreme experiences. It is part of an international collaboration between people with lived experience, their families, and professionals to develop an alternative approach to coping with emotional distress that is empowering and useful to people, and does not start from the assumption that they have an illness.

What we do

- ✓ Raise awareness about voice hearing, visions and other unusual or extreme experiences.
- ✓ Support people who have had these experiences to explore, understand, learn and grow from them in their own way, and by providing them with opportunities to talk about them freely and without judgment amongst peers.
- ✓ Support family, friends, professionals, and the general community to broaden their understanding and ability to support individuals who have had these experiences.

How we do it

- ✓ Promoting access to information and resources on the experience of hearing voices and other unusual or extreme experiences, and on the HVN approach.
- ✓ Providing information and training for those interested in becoming HVN group facilitators and starting new groups.
- ✓ Supporting HVN group facilitators to network and support one another.

For information on HVNI groups, training, news, and resources, visit:
www.hearingvoicesnetworkireland.ie



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