

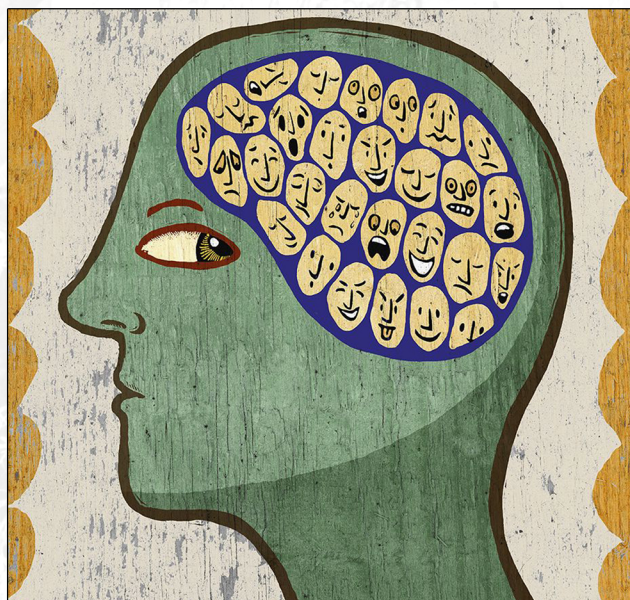


HEARING VOICES OR OTHER THINGS THAT MAY NOT BE THERE

PRO PSYCHOSIS
RESEARCH
UNIT
www.psychosisresearch.com

NHS
Greater Manchester
Mental Health
NHS Foundation Trust

DO YOU EVER HEAR THINGS THAT OTHER PEOPLE CAN'T HEAR?



Some people hear things that other people can't hear. This can be out of the blue and unexpected.

They may hear sounds, or other noises. This might include whistling, knocking, dogs barking or hearing things move in the house.

People also sometimes report hearing a voice or many people's voices. Many people live happily with their voices, especially if they are friendly and supportive. However for some people hearing voices can be frightening and scary. Some people worry it means they are going mad.

Others worry that hearing things means they are abnormal. These thoughts can lead to lots of anxiety.

HOW COMMON IS IT?

One study found that 10% of people have heard voices that others can't hear at some point in their lives.



This means about 6 million people in the UK have had this experience. This makes it twice as common as having red hair! About 5% of people in the UK have red hair.



Studies have also found that 35-40% of all students have heard something that another person has not.

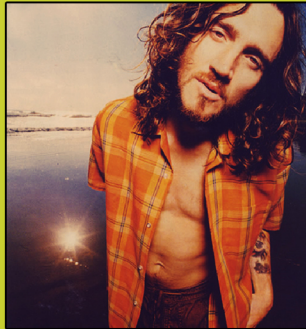


The findings from all these studies suggest that many people hear voices that other people cannot hear. However, what can vary is how distressing voice hearing can be. For some people, hearing voices is extremely upsetting and distressing. This often occurs when the content is abusive, hostile loud, or present for long periods of time.

FAMOUS PEOPLE WHO HAVE HEARD VOICES

John Fusciante

Ex guitarist,
red hot chilli
peppers Critical
recognition for
his guitar playing
Ranked number 18 in rolling stones
'greatest guitar



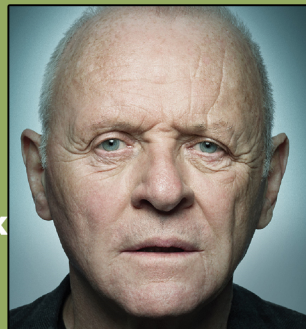
Zoe Wannamaker

Actress
Film appearances
such as Harry
Potter & My
weeks with Marilyn
Played Susan Harper in My Family for
11 years.
9 x Olivier award nominee.



Anthony Hopkins

1 Academy award,
3 BAFTAs, &
2 Emmys Star on
the Hollywood walk
of fame
Starred in Silence of the Lambs,
Hannibal, The Mask of Zoro and many
others!



Vinnie Jones

Played football for
Chelsea, Leeds
United, Sheffield
United and Wales
Won the FA cup
with Wimbledon in 1988.
Starred in 'Snatch' & 'The midnight
meal train'.



Hearing voices does not have to hold you back...

WHAT CAUSES IT?

Lots of things might cause someone to hear voices, here is a list of just a few:

- **Stress and anxiety**
- **Depression**
- **Bereavement**
- **Coping with trauma**
- **Sleeping problems**
- **Taking certain drugs (cannabis, LSD and cocaine)**
- **Dementia**
- **Alcohol withdrawal**
- **Having a very high temperature**

Numerous research studies show that people who experience traumatic or distressing life events are more likely to hear voices.

Some studies have found that previous traumatic life events such as bereavement or sexual assault can lead to more distressing content and severity of voice hearing.

SHOULD I SEEK HELP FOR THIS?

Studies have found that the way people make sense of their experiences matters a lot, and will depend how upsetting they are for that person.

We hope that this booklet shows you hearing things that other people cannot hear is not as unusual as you might think.

If you are having experiences that you are finding distressing you may want to seek support for this. On the following page are some suggestions for services to contact.

SERVICES TO CONTACT

Hearing Voices Network Manchester

Harpurhey Day Centre, 93 Church Lane, Harpurhey, Manchester, M9 5BG

Email: nhvn@hotmail.co.uk or
neptune_1965@hotmail.com

Tel: 0759 083 7359 (Kate) or 0161 205 0188
(Harpurhey Day Centre)



Intervoice

Intervoice (International Hearing Voices Projects) is a charity, registered in the UK, that aims to support the International Hearing Voices Movement.



