



Well Known Voice Hearers

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Sometimes, people who experience difficulties with their mental health may worry that their life will be limited by their problems, or that they will be unable to achieve certain things.

For these people, it can be useful to hear about other people who have had similar experiences to them, and have shown that mental health does not have to hold you back.

This booklet is about well-known people who have chosen to speak out about their own mental health.

Well Known Voice Hearers

Benga (Dubstep DJ)

Benja is a British Musician from Croydon known for being one of the pioneers of dubstep record



Zinedine Zidane (Footballer)

Zinedine Zidane is a retired French footballer who is widely regarded as one of the best layers of all time.



John Frusciante (Red Hot Chilli Peppers)

"There was a lot of confusion inside me, this flood of voices, often contradicting each other, often telling me stuff that would happen in the future, and then it would happen, voices insulting me, telling me what to do."



Anthony Hopkins (Actor)



I've always had a little voice in my head, particularly when I was younger and less assured", he said. "While onstage, during classical theatre the voice would suddenly say, "Oh, you think you can do Shakespeare, do you?" and he added; "Recently, I was being interviewed on television and the voice inside my head said to me, "Who the hell do you think you are. You're just an actor, what the hell do you know about anything".

Well Known people who have experienced mental health problems



Frankie Bridge - The Saturdays

Has spoken out about her struggles with panic attacks & depression

Elton John

Has experienced problems with substance abuse and eating disorders.

JK Rowling

Struggled with depression when she was a single mother in her early twenties.

David Beckham

Has talked about his battle with obsessive compulsive disorder.

Adele

Experienced post-natal depression following the birth of her son.

Frank Bruno

Has struggled with bipolar and depression.

Did you know..

450 Million
people world-wide have a mental health problem. That is
equivalent to...

**5,000 lots of Wembley
stadium at full capacity.**



**18 x the size of the whole
of greater Manchester**

**6 x the size of the entire
population of the UK.**



**Bigger than the entire
population of the United
States!**

(US has 327, 216,00 people.)

