



TALKING WITH VOICES

Talking With Voices (TwV) is a new form of therapy to help people cope with the voices they hear. It involves a therapist 'talking' to your voice by asking it questions. You can then listen to the responses and repeat them out loud.

Over time, the therapist aims to understand how the voices may relate to certain problems in your life and works to support you and your voices to develop a more peaceful relationship.

If you think this is something that could be helpful for you and your voices, and you answered yes to the questions opposite, then you may be able to take part in a new research trial looking at TwV compared to standard mental healthcare.

Have you heard voices for at least a year and sometimes find them hard to cope with?

Are you currently in mental health services but not receiving individual therapy?

Are you aged 16 or over?

Would you be interested in an approach where a therapist engages directly with your voices?

For more information about the trial, and to find out if you are eligible, please contact:

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