

Aged 12-18?

Do you hear or see things that others don't?

Feel inspired? confused? scared? lonely?

YOU'RE NOT ALONE!



www.voicecollective.co.uk

A COMMON EXPERIENCE

Around 8% of young people hear or see things that other people don't. Some people find these experiences comforting, but others feel overwhelmed and scared by them. Whatever your experience is, and however you feel about it, it's good to know that you're not alone.

"I'd been living all these years in a strange isolated bubble, thinking I was unique, and then I realised there were all these other people just like me." Ruth

VOICE COLLECTIVE GROUPS

Voice Collective groups are peer support groups for young people (aged 12-18) who have these types of experiences. They offer a safe space for you to meet with others who understand what you're going through, without worrying about being judged or made fun of.

You might want to: find new ways of coping with your experiences, make friends & feel less isolated; make sense of what's going on; use your experiences to help others; feel ok to be yourself



THE ANNA FREUD CENTRE
DEDICATED TO THE EMOTIONAL WELL-BEING OF CHILDREN



For better
mental health
MIND IN CAMDEN

THE CAMDEN GROUP

The Anna Freud Centre and Mind in Camden are launching a NEW Voice Collective peer support group. It will be co-facilitated by someone who has personal experience of voice/visions.

Thursdays, 4.45 - 5.45pm (opens from 4.30pm)
@ **The Anna Freud Centre** (Maresfield Gardens,
NW3 - nearest tube: Finchley Road)

HOW DO I JOIN?

If you'd like to join the group, or just find out more about it:

Email: Katharina.Gruger@annafreud.org
or **Call:** 020 7794 2313

Web: www.voicecollective.co.uk
info@voicecollective.co.uk

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