



# our services



Around 8% of children and young people hear voices or see things that other people don't. It's much more common than many people think.

Voice Collective is a Mind in Camden project that works in partnership with youth services across London to help ensure that these children, young people and families get the best support possible.

W: [www.voicecollective.co.uk](http://www.voicecollective.co.uk), E: [info@voicecollective.co.uk](mailto:info@voicecollective.co.uk), T: 020 7911 0822

## FOR YOUNG PEOPLE

If you hear, see or sense things that others don't and are 18 or under, we can offer:

- Peer support groups, so you can meet with other young people
- Creative workshops, where you can learn new skills and have some fun
- 1-2-1 support around making sense of voices and finding coping strategies (email, phone and in person)
- Information & signposting, to help you find the right services and support for you
- Online support forum
- Website, including lots of information and ideas to help you understand your experiences and find ways of dealing with them. We are also on tumblr and facebook
- Support for your family, school or youth workers

"Without the group I would be isolated. I used to think I was the only person this is happening to, that I was freakish or wrong. It helped me realise that there are other people. It normalised it and made it less inhuman"

- Andy\*, Aged 16

## FOR WORKERS

A large part of our service involves supporting schools, social services, CAMHS & other youth agencies to work with children & young people who have these experiences.

We are flexible in what we offer, so do get in touch to explore how we might work together.

- Coaching and training for staff to support staff already working with a young person who hears voices
- Awareness raising (including PSHE lessons and workshops for staff)
- Help developing written information, policies and guidance around supporting young people who hear voices

## FOR PARENTS / CARERS

If your child hears voices, we can offer:

- Support workshops, so you can meet with other parents, share experiences & get new ideas
- 1-2-1 support to help you make sense of your child's experiences and think of ways of helping them cope (email, phone & in person)
- Information & signposting
- Website & online support forum

You have brought us 'normality' within these experiences. You have taught us that with the appropriate support young people can lead happy and successful lives. You recognise the love we have for our children and have taught us how to support them"

- Sue\*, Mother of a 12 year old