



The NDIS

The NDIS is a program which is aimed at helping people with disabilities (including psychosocial disabilities) access help and support. Under the NDIS the government allocates funding to eligible individuals in the form of a plan. NDIS participants can use funding from their plan to purchase support packages from providers such as Voices Vic.

Voices Vic offer packages for groups, training and one on one peer work through the NDIS. Please contact us to enquire about our services.

For more information on the NDIS visit the NDIS website:

www.ndis.gov.au



Get in touch...

Voices Vic

Uniting Prahran

(03) 9692 9500

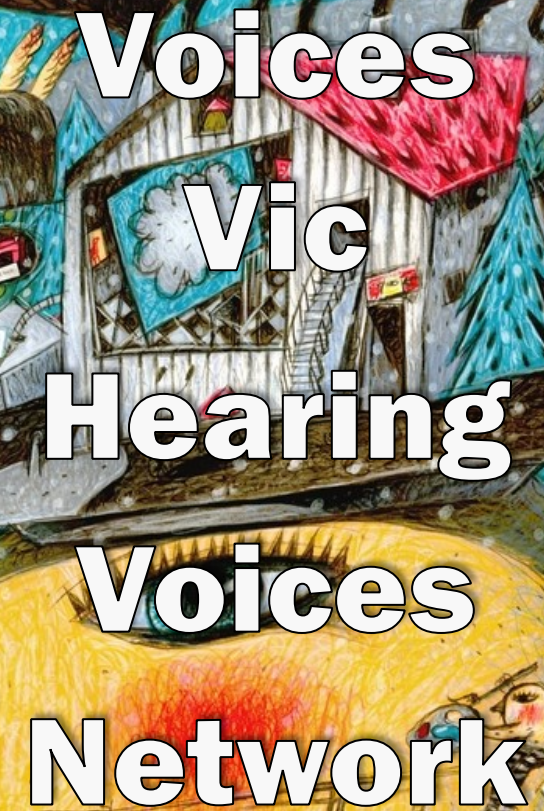
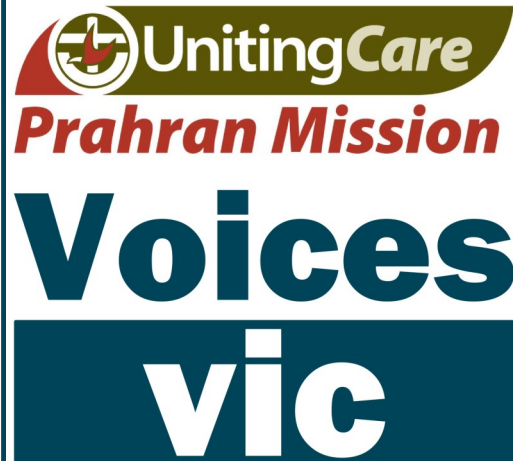
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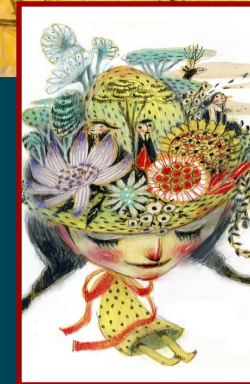
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www.facebook.com/voicesvic



Voices Vic Hearing Voices Network



Voices Vic is a dynamic peer-led network of voice hearers, carers and professionals that work together to reduce the distress which can be associated with hearing voices.

We facilitate groups, training and one on one peer work.




What is Hearing Voices?

Voices Vic defines 'hearing voices' as hearing things others cannot, as well as experiences of seeing visions, sensing things and having beliefs that others may find unusual.

Many people hear voices and find them helpful, sacred or just a normal part of life. Some people find voices confusing or frightening and seek help to cope. This can often result in a diagnosis of schizophrenia or other mental health diagnosis.

Who are Voices Vic?

Voices Vic was established by Uniting Prahran in 2009, after successfully running Hearing Voices groups since 2005, and finding that participants were making significant shifts towards recovery. Our international award winning program establishes, facilitates and supports the growth of the Victorian Hearing Voices Network. In addition, we work in partnership with other Hearing Voices Networks within Australia and worldwide.



Voices Vic and the Hearing Voices

Approach show:

- Hearing voices is a common human experience
- Recovery is not about getting rid of the voices, it's about changing our relationship with them
- The experience of hearing voices is meaningful
- Everyone can recover

What are the Hearing Voices Groups and Network?

Hearing Voices groups have been running around the world since 1987 and are currently active in 30 countries. These groups are safe spaces where voice hearers can share their story and learn new ways to understand, cope and change the relationship they have with their voices, which is often the point of distress. Our groups can create a powerful sense of hope and possibility. We believe being part of a peer community is often an important part of people's recovery journey. We supervise Hearing Voices Groups throughout Victoria. Please refer to our website for a list of groups and contact details.

What is One on One Peer Support?

In one on one peer support, people have the opportunity to work together with a Voices Vic Peer Worker regarding their voice hearing experience. Voices Vic's Peer Workers have lived experience of hearing voices, mental distress and recovery.

During the sessions people can work on different aspects of their voice hearing experience. In all sessions empowerment is at the centre. The aim is NOT to get rid of the voices but to change our relationship with the voices and to alleviate distress.

What training and information sessions do we offer?

Voices Vic offers training and talks to mental health professionals, carers and voice hearers interested in the Hearing Voices Approach. Our courses are focussed on this approach, peer support and other learning areas related to hearing voices and recovery.

We offer in house training courses, as well as customised training to meet the needs of your organisation. Our 'The Hearing Voices Approach' training is endorsed with the Australian Association of Social Workers (AASW) and the Australian College of Mental Health Nurses (ACMHN) for contribution towards their professional development.

