

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.

For more information on the NDIS visit the NDIS website: www.ndis.gov.au

Voices Vic offer packages for our groups. Please contact us to enquire about our services.

What Group options for service do we offer?

We offer a range of support options at our Prahran and St Kilda locations as well as at our regional groups in packaged 1.5 hour group sessions of:

Come and try 4 group sessions:
48 group sessions;
96 group sessions;
Giving people access to any
Voices Vic facilitated
Hearing Voices Group

Get in touch...

Voices Vic

Uniting Prahran

(03) 9692 9500

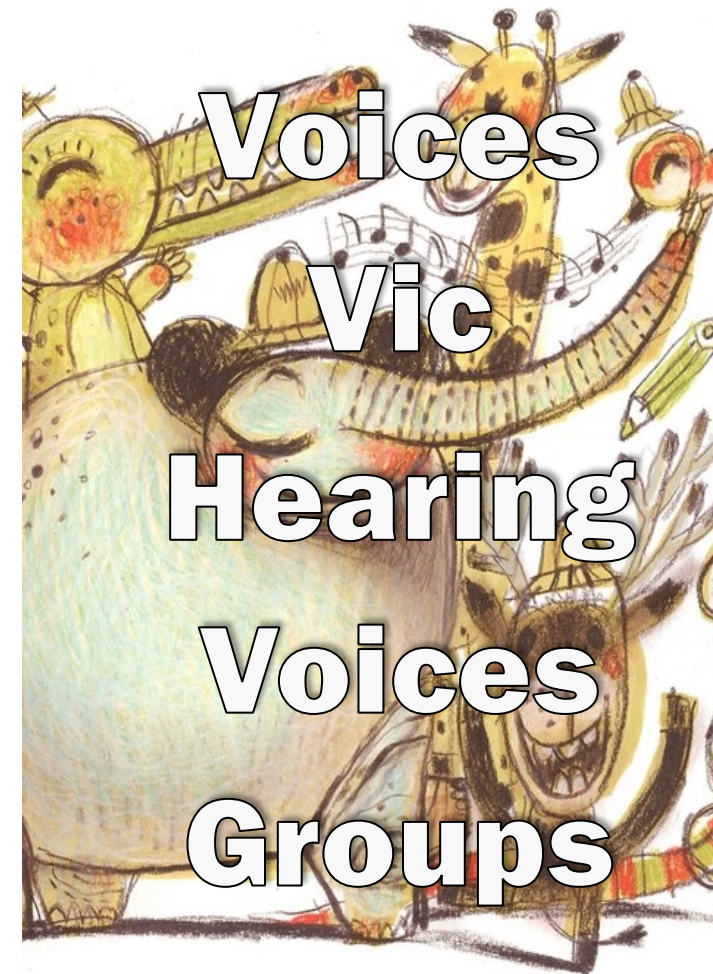
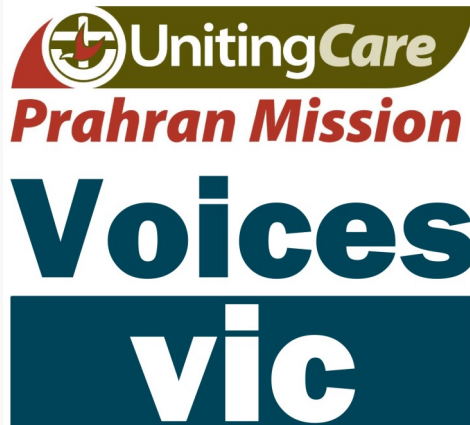
211 Chapel Street, Prahran

VIC 3181

vvadmin@prahranmission.org.au

www.prahranmission.org.au

www.facebook.com/voicesvic



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 Prahra 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.

Groups usually meet weekly for 1- 1.5 hours. There are anywhere from 3 – 12 members. We try to hold groups in the middle of the week and to meet in the community. Voices Vic currently facilitate weekly groups in Prahra and St Kilda.

Some typical content covered in groups might include:

- What the voices have been saying this week
- Self-soothing and coping strategies
- Past experiences with voices
- Thoughts and emotions about voice hearing
- Setting boundaries with voices
- Making sense of, and finding meaning in the voice hearing experience
- Sharing recovery stories and exploring hopes and dreams

What does the research about Hearing Voices Groups and coping?

Research conducted in Australia by Bevan (2016) showed that the majority of people who attended a Hearing Voices Group had fewer hospital admissions, felt less isolated, were better able to talk about their experiences and were less afraid of their voices. Some people found that their voices became more positive.

Hearing Voices Groups do not aim to replace existing medical and recovery services, but rather to bring an additional support system into people's lives, and bring people into strong and supportive community.

