

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 one on one peer work through the NDIS. Please contact us to enquire about our services.

Sessions

We offer a range of support options at Voices Vic in packaged 1 hour sessions of:

One-off consultations

Secondary consultations with carers, clinicians or other service workers who would like to better support their clients who hear voices;

Brief interventions of 1 or 2 consultations with voice-hearers;

Short-term interventions of between 4 and 8 sessions to support a voice-hearer through a difficult time;

Long-term interventions of 12, 24 or 48 sessions to support a voice-hearer to explore their experiences and learn to cope with distressing voices.

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

Get in touch...

Voices Vic

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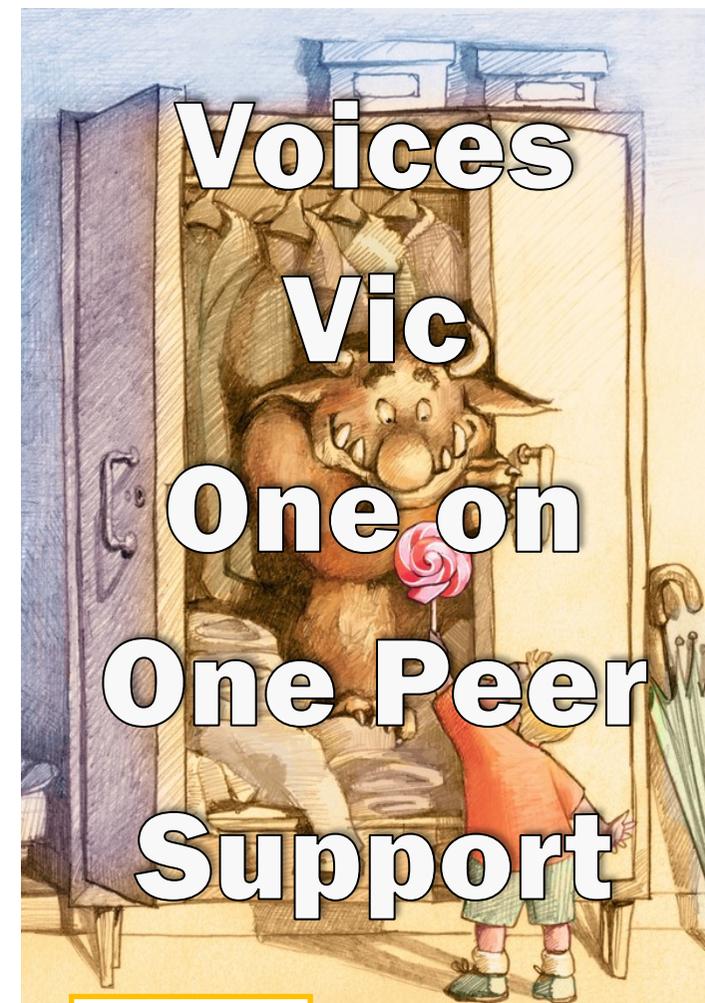
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www.facebook.com/voicesvic

 **UnitingCare**
Prahran Mission

Voices vic



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.

One on One Peer Support

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 center.

Things to work on during the sessions are:

Telling your story:

Accepting the voices are real

Being the expert of your own experience

Looking at voices in the context of your life story with help of timelines

Changing the relationship:

Learning new ways to cope with your voices

Dealing with possible distress

Learning to set boundaries with the voices

Respectfully challenging the voices

Making sense of the voices:

Looking for metaphors and the meaning of your experience and

Using voice profiling tools like mind-mapping and the Maastricht Interview

