The NEW Voices Vic Pocket Guide

A self-help guide for voice hearers, by voice hearers

When we’re at our most distressed it can be difficult to remember recovery and coping strategies. Hearing voices can make this even more confusing.

The new Voices Vic self-help pocket guide for voice hearers is designed to be there for people when the voices get too much, and can easily fit in a pocket or wallet so it’s always with you.

The guide is based on the latest ideas from the hearing voices approach, and has been developed in consultation with local Victorian voice hearers.

Pocket Guides Include:

- Strategies to improve your relationship with voices and decrease distress
- Strategies for crises (including space to write your own strategies)
- Calling for help (important crisis services, plus space to write your own support numbers)
- Online resources for voice hearers

How to get your guide/s:

- Individuals can get 1-2 guides for free – just pop into our office to pick one up.
- Organisations can purchase bulk quantities at the following prices (plus postage and handling):

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<tr>
<th>Quantity</th>
<th>Cost (postage additional)</th>
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<tbody>
<tr>
<td>Up to 49</td>
<td>50c each</td>
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Address 15 Cromwell Rd, South Yarra 3141 Tel 03 9692 9500 Web www.voicesvic.org.au ABN 77 812 307 47

Voices Vic Pocket Guide Order Form

Order Quantity:

Please send me (tick one):

- 50 pocket guides $22.50 $12.00 $34.50
- 100 pocket guides $40.00 $16.00 $56.00
- 200 pocket guides $70.00 $16.00 $86.00

Method of Payment (tick one)

- Cheque or Money Order (payable to ‘Prahran Mission’, attach to this form)
- Visa (complete details below)
- MasterCard (complete details below)

Note: we do not accept American Express or Diners cards

Name
Organisation (if applicable)
Postal Address
Suburb State Postcode
Contact Phone

Credit Card Details (if selected as payment method above)

Please charge this amount to my credit card: $

Credit card number _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ Expiry date _ _ / _ _
Name on card
Signature

Please attach payment & return completed form to:
Voices Vic, Prahran Mission, 15 Cromwell Road, South Yarra Vic 3141 Or fax to (03) 9827 1044

OFFICE USE ONLY
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