



June Newsletter 2026



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The articles are the views of the contributors and not necessarily those of NPN.

World Hearing Voices Congress 2026

*Copenhagen, Denmark | 17–18
November 2026*



An international gathering on voices, visions and human experience

Join a unique global event where **voice hearers, family members, practitioners, researchers and allies** come together to share knowledge, experiences and new ways of understanding.

This year, the World Hearing Voices Congress takes place in **Copenhagen**, bringing together participants and speakers from across the world for two inspiring days of learning, connection and community.

The programme features:

- **International keynote speakers and workshops**
- **Hopeful recovery stories from lived experience**
- **Practical approaches to understanding and working with voices and visions**
- **Creative and relational ways of exploring human experience**



A different way of understanding

The congress offers inspiring ideas about how voices and visions can be understood — not only as problems to eliminate, but as experiences that can be explored, understood and related to in meaningful ways.

Participants will gain practical tools and perspectives that can support people in developing a better and more sustainable relationship with their voices and experiences.



More than a conference – a community

Beyond the programme, the congress offers a unique opportunity to become part of an **international community** where experiences are met with openness and a normalising approach.

You will have the chance to:

- Connect with people from different cultures and backgrounds
- Share experiences in a safe and welcoming environment
- Build new relationships and professional networks

Learn more and register:

<https://psykovision.dk/world-hearing-voices-congress-2026/>

Helping Someone to Say “NO”

Pause

Everything you do, you *choose* to do albeit often subconsciously. You choose to get up in the morning; you *choose* whether to eat breakfast or not (and whether to have cereal or toast); you *choose* whether to smile at people or not; you *choose* whether to drive to work or walk. Hence, it follows that you can *choose* whether to respond positively or negatively to any situation.



By *pausing* before reacting; you can gain far more control over your thoughts and consequently your response the situation. So, the first step into changing negative thought patterns into positive ones is to *pause*. Resist the

urge to react immediately. If you are a habitual negative thinker, any immediate reaction to a situation is likely to be negative. If it helps, count to ten. By doing this, you avoid making a knee-jerk reaction which you might later regret. A pause also allows you time to consider your choices and weigh up the pros and cons of your proposed reaction.

Choose

During the pause – which can be as long as you feel is necessary to clarify your thinking – direct your mind towards the positive response. If applicable, consciously stop yourself from thinking negative thoughts. However strange and uncomfortable it might feel at first, make yourself choose the positive reaction over the negative reaction. Whenever faced with a choice you may find it helps to think about how you would want others to treat you in such a situation. We have found that it makes life far less complicated if you follow this simple rule.

Action

Once you have chosen the positive response, *act on it*, otherwise this can become the point at which the thinking becomes ‘ineffective’. Do whatever is necessary to turn that thought into words or deeds. Have faith in your choice. Do not be tempted to back down or moderate it.

Navigating Mania

Understanding, grounding, and staying safe



What is Mania?

A state of elevated mood and energy that can feel:

- Euphoric, powerful, “on top of the world”
- Fast-paced (thoughts, speech, ideas)
- Restless or unable to slow down

Often linked with **Bipolar Disorder**, but can occur in other contexts.



Common Signs

- Reduced need for sleep
- Racing thoughts & ideas
- Increased confidence / impulsivity
- Talking very fast
- Irritability or agitation



What It Can Feel Like

- “Everything makes sense all at once”
- Heightened creativity / connection
- Urgency to act immediately.
- Feeling invincible, difficulty recognizing limits



Early Warning Signs (Your Clues)

- Sleeping less, not tired
- Starting lots of projects
- Feeling unusually “on”
- Others noticing changes



Protect Sleep

- Non-negotiable wind-down routine
- Rest, even if not tired



Reduce Risk

- Limit spending & big decisions
- Delay major plans.
- “Would I still do this in a week?”



Slow the Pace

- Pause before acting
- Write ideas down



Stay Connected

- Talk to someone you trust
- Accept feedback,
- Don't isolate



Support Options

- Therapy & Medication
- Peer Support Groups
- Routine & Self-care.



When to Seek Extra Help

- No sleep for nights
- Risky behavior
- Losing touch with reality



A Balanced Reminder:

Mania can feel amazing, but ...

“It can also **take more** than it gives.”

The goal is staying in control.

Understanding Touch Sensations

Real Sensations Generated by the Nervous System

Increase During:



Stress or Overwhelm



Trauma Activation



Sleep Disruption



Anxiety & Hypervigilance



Health or Medication Changes



What's Happening in the Body?

- ➔ Sensory Cortex Misinterprets Signals
- ➔ Amygdala Heightens Body Awareness
- ➔ Brain Amplifies Sensations

How It Works

-
- Scanning for Sensation
 - Threat Response Activated
 - Filling in Sensations
 - Filling in Sensations

Types of Sensations



Tingling & Numbness



Hot or Cold



Pressure & Tension



Buzzing & Vibrations

GROUNDING TECHNIQUES



5-4-3-2-1 Senses

- Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 taste.



Warm & Cool Textures

- Hold a warming or cooling object (stone, cold pack, hot drink)



Feet Connected

- Press your feet firmly into the ground



Gentle Self-Talk

- Speak to yourself like a gentle friend.

Also Explore:

- Your sensations are real.
- You are not alone.

Skills & tools can help you navigate intense or overwhelming feelings.

Do These 5 Things to Increase Your Emotional Intelligence

How to strengthen the emotion skills you may not have learned growing up.

Emotional intelligence is a set of learnable skills, not something you are simply born with.

Growing up with your feelings unseen can quietly limit your emotional skills in adulthood.

Low emotional intelligence can affect your decisions, relationships, and self-understanding.

The first step is to decisively declare yourself a student of emotions. Then start paying attention to feelings in your everyday life, and make it your plan to learn everything you can about emotions and how they work.

1. The first step is to decisively declare yourself a student of emotions. Then start paying attention to feelings in your everyday life, and make it your plan to learn everything you can about emotions and how they work.
2. Start trying to be aware of when you are having a feeling. Being aware of you own feelings is the most important building block in all of the EQ skills.

- 3 Increase your emotion vocabulary. This involves learning and using more emotion words in your everyday life.
- 4 Build your capacity for empathy. You may already have plenty of ability to empathize (many who grow up emotionally neglected actually have too much empathy). But if it is rare for you to feel someone else's feelings, you can learn how to be more empathetic. To do this, start by practicing when you are watching TV, a movie, or reading a book. Try to feel the feelings of the characters. Then move forward to trying to feel the feelings of the people around you.
- 5 Practice assertiveness. Assertiveness is saying what you need to say in such a way that the other person can take it in. It requires you to know what you feel and to be able to put it in words that will not insult the other person or put them on the defensive. It is speaking your truth but with compassion for the other person.

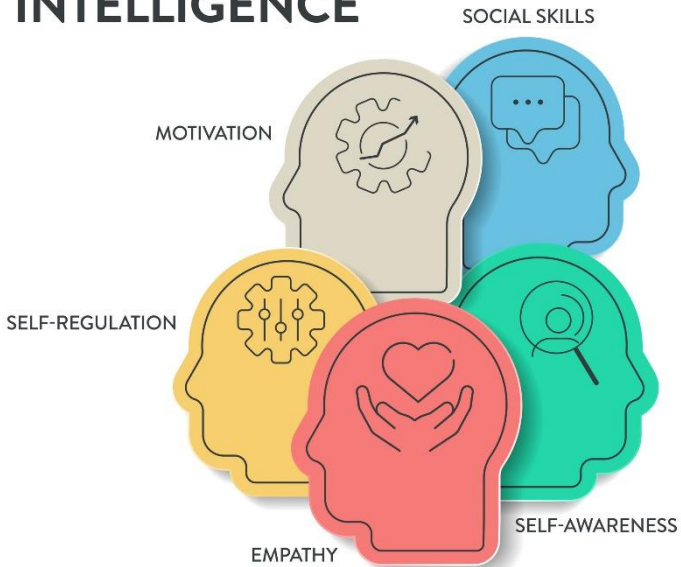
Of all of the things you can work for in your life, emotional intelligence is one of the most fruitful. As you study and pay attention to the world of feelings, you will find yourself changing in small but remarkable ways. You will find yourself

feeling more. You will become more connected and more attuned to the people in your life, and they will feel it too.

Slowly, gradually, but with purpose and intention, you will stop neglecting your own feelings and become better able to handle others' feelings.

What can change your life? Emotional intelligence.

EMOTIONAL INTELLIGENCE



Non-Medical Ways of helping someone with Paranoia and Intrusive thoughts.

Talking Therapy

Talking Therapy can help you understand your experiences and develop coping strategies to deal with them. Such as going to local support groups or by simply using the internet at home you could attend online groups or speak with someone one to one instead of doing so via a GP.

Arts & Crafts

Arts and creative therapies use arts-based activities to help you express how you are feeling, in a therapeutic environment. These types of therapy can be helpful if you are having difficulty talking about your experience.

So, for example: cross-stitching, crafting, painting, making photo albums or even writing a story.

Perhaps even sitting down with the individual and performing these tasks with them?

Keeping a Diary

You may find it helpful to keep a diary recording, for example:

- what your paranoid thoughts are
- how you feel about them

- how often you think about them.
- your sleep
- other life events

This may help you:

- Identify what might be triggering your paranoia and when you are most likely to have paranoid thoughts.
- Recognise paranoid thoughts when they occur and help you question and challenge them.
- Think about what has been helpful in the past.

Once you have a better understanding of your triggers, you can try to take steps to avoid them.

Question & Challenge Paranoid Thoughts

Challenging yourself about your suspicious thoughts can help you work out whether these thoughts are paranoid or justified.

Here are some questions you could ask yourself:

- Would other people think my suspicions are realistic?
- What would my best friend say?
- Have I talked to other people about my worries?
- Is it possible I have exaggerated the threat?

- Is there any evidence for my suspicions that can't be questioned?
- Are my worries based on events that could be viewed in different ways?
- Are my worries based on my feelings rather than definite evidence?
- Is it likely that I would be singled out above everyone else?
- Is there any evidence against my beliefs?
- Do I still feel suspicious even though other people have reassured me that there is no reason to be?

Maintaining Relationships

Feeling connected to other people is an important part of staying well. It can help you to feel valued, confident and more able to face difficult times.

Feeling lonely or isolated could make your experiences worse. If you don't feel like you have strong connections with people or you'd like to make more, it could help to explore support services and peer support.

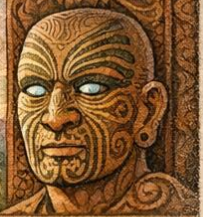
Taking Care of Yourself

- Try to get enough sleep.
- Sleep can give you the energy to cope with difficult feelings and experiences.
- Think about your diet - eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels.
- Try to keep active, exercise can be really helpful for your mental wellbeing. Even doing something small can make a big difference.
- Spending time in nature can help improve your mood and feel more in touch with your surroundings. This could be going to a local park or forest, doing gardening or bringing nature into your home.

We are Not Service Users, Patients, Clients, or any other derogatory term people choose to use. I find these terms of describing Citizens of Doncaster who use Services Offensive and Disempowering. These negative terms place an unnecessary inequality between people and services. (Glyn Butcher)



Māori Culture & Voice Hearing



Cultural Context

Within Māori worldview (Te Ao Māori), experiences such as hearing voices are not automatically framed as illness. Understanding depends on cultural meaning, context, and impact. Key concepts include:



Whakapapa – genealogy, ancestral



Wairua – spiritual dimension



Whānau – family and relational support



Tikanga – cultural values and practices

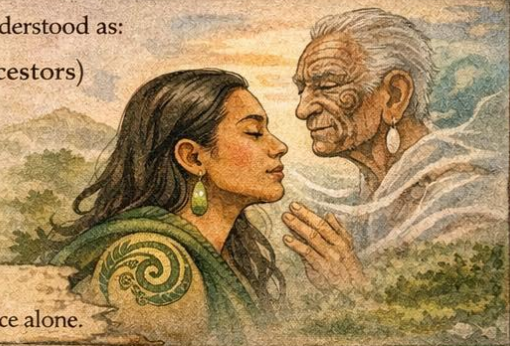
In Te Ao Māori, wellbeing is holistic. Mind, body, spirit, family, and land are interconnected.



Wairua and Spiritual Experience

Hearing a voice may sometimes be understood as:

- Communication from tūpuna (ancestors)
- Spiritual guidance
- A sign of spiritual sensitivity
- A call toward healing or cultural reconnection



Importantly, the meaning and impact matter more than the experience alone.



Te Whare Tapa Whā Framework

Developed by Sir Mason Durie, this model describes four pillars of wellbeing:

- Has there been grief or loss?
- Disconnection from culture or land?
- Trauma or stress?
- Physical illness?
- Spiritual imbalance?



Healing may involve strengthening any of these areas.

Colonisation and Mental Health

Astronomy

How my hobby helped me through my darkness - the days looking at dark skies

Loneliness vs Being alone

I felt lonely all my life because nobody ever made me feel secure, loved, accepted, understood or wanted.

Being Alone

An overjoyed feeling of being lonely but also being safe. When I was a child aged 4, I was put in a coal bunker for up to two days and nights at a time for just existing and the only thing I had to focus on while in there was the lock on the door and the moon which I saw through a small window. The moon was my only friend and would watch over me and give me light when everything else surrounding me was just an empty darkness. The moon I focused on in my mind and escaped in my imagination when the bad things were happening, I was sat on the moon in a deck chair and I was not in my body experiencing the pain. The voices in my mind tried to stop me from going to my safe world that I had created by telling me my mum would catch me and things would be much worse. I also had the moons light helping me find the food that I had hidden in the coal shining down on me so I could always find it. The moon is still especially important to me now feeding my love of Astronomy and

even now giving me something to focus on when times are bad.

I was the child that never played with others laughed or run with them or had a friend or siblings and could never be part of a crowd. Inside I was screaming out loud the pain could be seen in my eyes, but no one took any notice they did they not care. Why I asked myself? Or were they too busy to care. They had their own life's too busy to notice a child in turmoil. I wanted to run up to someone who had a kind face could they help me? would they help? or would they tell my mum my darkest secrets? I felt the guilt was all my own and there was nothing I could do about it. I was with someone I trusted and loved when it began her anger was my pain. Hear my story it may disgust you even frighten you. but please listen to me because this could have been you. My sanctuary was the Sky, Moon, Planets and Stars as this was the only light I had in a life of darkness and neglect all that space to run free explore not just in my mind but this was real, outside my world of pain there were other worlds I could use my imagination to focus on when I couldn't or didn't have anything to focus on in my world of pain.

By Kate Crawford

KUNDALINI AWAKENING and VOICE HEARING

Different frameworks. Similar experiences.

What matters most is the impact and meaning for you.



WHAT IS KUNDALINI AWAKENING?

In traditions like Hinduism and Tantra, Kundalini is described as a dormant energy at the base of the spine that can “awaken” and rise upward.

People may experience:

- Intense energy sensations in the body
- Heightened awareness or perception
- Emotional release or overwhelm
- Changes in sense of self or meaning
- Sometimes hearing inner sounds, voices, or guidance

WHAT IS VOICE HEARING?

Hearing voices exists on a spectrum and is understood in different ways.



Non-clinical / Lived-experience perspective

- Voices can be meaningful, symbolic, or linked to life experiences
- May relate to trauma, stress, identity, or unmet needs
- Not always distressing or disordered
- Explored in movements like the Hearing Voices Network



Clinical perspective

- Can be associated with conditions like psychosis
- Often linked to dopamine activity, stress, sleep, or neurological factors
- Focus is on reducing distress and improving functioning

WHERE THEY OVERLAP



Some people describe their voice hearing as:

- Spiritual guidance
- Energetic awakening
- A “download” of insight or meaning



Some Kundalini accounts include:

- Hearing voices or inner sounds
- Feeling externally guided or influenced



WHERE CAUTION MATTERS

Not all intense or unusual experiences are safely explained as spiritual awakening.

RED FLAGS THAT SUGGEST CLINICAL SUPPORT IS IMPORTANT

- Voices are distressing, critical, or commanding
- Loss of control or fear
- Sleep disruption, agitation, or rapid escalation
- Disconnection from reality or functioning
- Sudden personality or behaviour changes

Spiritual framing alone can sometimes:

- Delay support
- Increase confusion or overwhelm
- Reinforce harmful beliefs (e.g., “I must obey the voices”)



A BALANCED, GROUNDED APPROACH



Start with the person's meaning
“What do these voices feel like to you?”



Stay curious, not assumptive
Not immediately “spiritual” or “illness”



Focus on impact
Are the voices helpful, neutral, or distressing?



Support agency and safety
Can the person set boundaries with voices?



Hold dual awareness
It can feel spiritual AND still need grounding/support

KEY MESSAGE

Kundalini awakening and voice hearing can feel similar— but one is a spiritual interpretation and the other is a human experience with multiple possible explanations.

Stay grounded, person-centred, and guided by impact—not just meaning.



Yoga section

All scenarios are from real life experiences of paranoia, either through questions submitted by readers like yourself or my own personal experience, or second-hand experience from others. Names, places and locations have been changed to protect identities and some stories are composites.

This month is a little apology. Stress levels, as I'd mentioned has been through the roof. And somewhere along the way I had misread something... This is a key factor in paranoia - where misunderstanding information can trigger a belief that takes you all the way out of your safety zone. Having been a victim of drugging in my earlier years I freaked out, believing my supplements were once again laced with something. And while many people focus on the larger, grandiose beliefs that form paranoias it is often the smaller ones that seem more likely, that form basis in fact and prevent you from living your normal life. This was one such belief and it was the fear that a traumatic event had become a pattern. But let's get to the details! I have been taking herbal remedies and supplements for management of stress and mental health for many years. And this is not a prescription: my preference is natural medicine from holistic remedies and whole foods as I have a sensitive system. When I was first engaging with the NHS for my illness this was something I asked advice on, as well as doing my own research over many years. What I found was there are many herbal plant remedies that help with acute and chronic anxiety. Since benzodiazepines are highly

addictive and I have had problems with drug abuse, finding a natural alternative was a big question for me to answer. By chance, a man sat next to me one day on the tram. He was a Rasta and began extolling the virtues of the marijuana plant. I rolled my eyes- didn't he know that weed was dangerous and the main cause for schizophrenia or similar psychotic syndromes? But, desperate to be in charge of my own health I went to the local head shop at the next stop and asked at the cashier for CBD. This was free of chemical additives, was organic and basically hemp suspended in olive oil. My psychiatrist explained that CBD was like a gentle natural antipsychotic and that it was safe in small quantities to take as a supplement. So, I did. And I have to say I felt better, but that CBD was not as effective as antipsychotics for paranoia. But that I felt more capable every day when I took it. Now, nearly 15 years later I was looking for a new brand that was slightly more cost effective being on benefits. And I found one- tried it, the product was amazing. High strength, fast acting and good value for money. I branched out, starting to try their whole range. Here was my mistake: I did not have the inner resource to explore. My anxiety levels were through the roof and as a result, the backlash was a paranoid episode believing that a perfectly safe supplement was contaminated. This belief stemmed from a previous incident that really did happen. This consumed months of my life and I am so grateful I had the space to leave a disgruntled customer service message and review and leave it. I contacted a few dispute lawyers but heard nothing back. And I left it. How did this not consume my mind every day? Let's

learn a new technique! RECEIVING During this time I spent extra care to create a healthy morning routine. This involved getting out of bed, making a matcha and sitting for a long time, 30 minutes to an hour to allow myself to receive. I made sure to sit facing a natural source of light to help immediately soothe my nervous system. Unusually for me, my anxiety was too bad to even try to meditate. This is a meditative practice used in premeditation to empty the mind of clutter. You can speak aloud, or you can get a journal and pen (or the notes on your phone app) and simply write down anything that comes to mind. It could be....

- The weekly shop
- Your daily chores
- That time that friend said something that sent your spiraling
- That time you said something stupid that sent you spiraling
- Your childhood trauma
- The weather is wrong
- What you're looking forward to, it doesn't matter, this is a kind of brain dump.

Within these contemplations and nonsense, you might even find helpful pieces of advice and reminders to help you stay focused and healthy. I closed this practice usually with a deep breath in through the nose, and a long slow exhale out the nose. After this, pause for a few moments allowing your mind to feel peaceful. Basking in this permits you rest deeper than with all that mind clutter. Even if for one minute, there is nothing, and that is rest! The brand has been generously and patiently sending me repeated discount vouchers (and I don't mind telling you their name "Supreme CBD") to come back and treat myself. This is not a paid advert, but a proof to show this really happened. I do not advise the use of CBD as a medical treatment substitute and you should always seek

the help of a trained professional. There is a wealth of literature in medical journals surrounding how effective natural remedies can be for different conditions but it's always important to check with your doctor that it will not react with any medication that you currently take! Laughter is the best medicine. I angry texted my partner, blaming him for my mini-psychosis but the truth is I have an injury that results in bizarre thoughts sometimes. I have to retain a sense of humour and hope people will be kind. Sending you all a little love and patience too, Ja.





Hearing voices
does not *define*
who you are —
your *strength,*
values, and
humanity do.



WORKING WITH HEARING VOICES & UNUSUAL BELIEFS (JULY '26)

By

PETER BULLIMORE & ROOTS UP



LEARN
from an experienced trainer and team



GAIN PRACTICAL
tools and strategies to support voice hearers and others



DEEPEN YOUR
understanding of voices, beliefs, and the Maastricht approach



CONNECT
with others in a supportive online community



ONLINE EVENT



MONDAY, JULY 27 – WEDNESDAY, AUGUST 5



3 PM – 7 PM GMT+1



OVERVIEW

Join our 6-session class starting in July to learn how to work with hearing voices and unusual beliefs in a supportive online environment!

Participants in this 6-session training will learn how to better understand and support people to make meaning of their experiences with voice hearing and/or unusual beliefs or what gets called “paranoia.” Attendance at all sessions is required to fully complete the training. All sessions will be held on-line, and all times listed are in Eastern USA time. Registration is required. Space is limited. All sessions will be led by Peter Bullimore & company.



MONDAY, JULY 27, 10–2PM:

Three Stages of Hearing Voices



TUESDAY, JULY 28, 10–2PM:

Three Stages of Unusual Beliefs/“Paranoia”



WEDNESDAY, JULY 29, 10–11:30AM:

Maastricht Interview Overview



MONDAY, AUGUST 3, 9–4PM:

Using Maastricht for Voices



TUESDAY, AUGUST 4, 9–4PM:

Using Maastricht for Unusual Beliefs/“Paranoia”



WEDNESDAY, AUGUST 5, 10–2PM:

How to Use What’s Learned from Maastricht



SPACE IS LIMITED – REGISTER TODAY!

Don't miss this opportunity to expand your skills and make a difference.



Scan to register!



Or visit:

<https://www.eventbrite.com/e/6-session-class-working-with-hearing-voices-unusual-beliefs-july-26-tickets-1985561863985?aff=oddtcreator>

Maastricht = INTERVIEW

FOR PROBLEMATIC THOUGHTS, BELIEFS & PARANOIA

Let's
talk about
it.



MAYFAIR COMMUNITY CENTRE
CHURCH STRETTON,
ENGLAND



WEDNESDAY 21 OCTOBER –
THURSDAY 22 OCTOBER



9:30 AM – 4:30 PM

OVERVIEW

Join us in Maastricht for a professional, in-person training event exploring tricky thoughts, beliefs, and paranoia. This event offers an opportunity to learn from leading experts, engage in meaningful discussion, and develop a deeper understanding of complex thinking patterns in a supportive and respectful environment.

WHAT TO EXPECT



Engage in meaningful discussions about tricky and confusing thought patterns



Learn from world leading experts in the field of paranoia and problematic beliefs



Share insights and experiences in a supportive and respectful environment



Gain practical perspectives to better understand and make sense of your own experiences

ABOUT THE EVENT

Join the Maastricht Interview for Problematic Thoughts, Beliefs, and Paranoia

Looking to understand and explore thought patterns that might be tricky or confusing? This in-person event in Maastricht is your chance to dive deep into how we think, especially when paranoia and unusual beliefs pop up.

The training is offered in a supportive environment which allows us to chat, learn from world leading experts, and share insights with others interested in the challenging topics of Paranoia and Problematic Beliefs.

★ Don't miss out on this eye-opening experience with Peter Bullimore and his team, in partnership with **Neuro SENter**.

BOOK YOUR
PLACE!



TICKETS & INFO:

<https://www.eventbrite.com/e/maastricht-interview-for-problematic-thoughts-beliefs-and-paranoia-tickets-1986715969947?aff=ebdssbddestsearch>



Come as you are. Leave with new perspectives. Let's explore the mind—together. ♥

Meeting ID 88460268952 Password 375878

Sundays: HVN USA on ZOOM 6:30p - 8:00p USA Time with Cindee.

11.30pm – 1.00 am UK Time Meeting ID 827 5463 8654 No Password Needed

Saturdays Texas USA HVN Meeting on ZOOM

10am-11.30 USA Time with Paul

4pm-5.30pm UK Time

Meeting ID 85737775621 No Password Needed

Families/friends can contact families@usahearingvoices.org for support groups.

Sheffield Hearing Voices & Paranoia Support Group.

The group runs face to face every Monday

11.00am-12.00pm at the Gardner's Rest

105 Neepsend Lane,

Sheffield S3 8AT

Contact peterbullimore@yahoo.co.uk Tel 0759083769

Online Hearing Voices Group in Ireland

An online group for people who hear voices or experience paranoia and unusual beliefs. Please contact derekpwalsh.dw@gmail.com for further information. The group meet every Sunday at 6.15pm over Zoom.

The group link <https://us06web.zoom.us/j/81086179561>

Unusual beliefs group St Mungo's

Every Thursday 2.30-3.30

93 Shirland Road, London W9 2EL

Contact Helen Claire Taylor (tayloh15@lsbu.ac.uk)

Hearing Voices Group – Hull & East Yorkshire

Every first Monday of the month

- 11:00am – 1:00pm
- Townend Court (Old Building), Cottingham Road, Hull, HU6 8QR

The group is open to any adult who hears voices or has similar sensory experiences and follows Hearing Voices Network principles. Sessions are non-clinical and focused on shared understanding and peer support.

- Maximum group size: 12 people per session
- Ages 18+
- Booking required in advance, session by session

- Book via the Humber Recovery College website once registered:

<https://humberrecoverycollege.nhs.uk>

☎ For enquiries or help with booking: 01482 335959

This group replaces the previous "Talking Heads" listing for Hull.

Doncaster Hearing Voices Group

The Wellness Centre

45 Montrose Avenue

Intake

Doncaster

DN2 6PL

Tel: 01302618507



The MuslimVoice.org.uk

At The Muslim Voice UK, we strive to be a dynamic and inclusive platform amplifying the voices, stories, and perspectives of Muslims across the world (we've had attendees from Colorado).

Our mission is to foster understanding within and beyond Muslim communities, challenge stereotypes, and ensure that authentic narratives are heard from a mental health perspective. The Muslim Voice UK invites you to engage, explore, and connect.

Join us. Be part of a movement where voices are heard, stories matter, and change begins.

Info@themuslimvoice.org.uk

Tennessee Voices and Paranoia Collective

Meeting location: Nashville Public Library Bellevue Branch,
720 Baugh Rd,
Nashville,
TN, 37221

Time: Tuesdays at 3:30 starting on March 4th.

The group will be a hybrid meeting. [Join Zoom Meeting](#)

<https://us02web.zoom.us/j/83043345272?pwd=QkVETKEJ5IZtVz32kUa6xXMMWvazdpE.1>

Meeting ID: 830 4334 5272

Passcode: 095416

Brave Brothers is a community-led organization with a mission to **redefine men's mental health and wellness**, placing emphasis on suicide prevention, domestic and family violence awareness, and holistic well-being inclusive of voice hearers. The charity strives to **break down stigma**, promote healthy mindsets, and advocate for integrating mental health into overall wellness. All of this underpins their broader goal of advancing health, social, and community welfare.

The Brave Brothers motto reflects a proactive, compassionate stance: "**listening to and working with men... before it's too late.**" bravebrothers.org



BraveBrothers.org.au