



## April Newsletter 2026



Limbrick Centre, Limbrick Road, Sheffield, S6 2PE,  
Tel: 07590837694

Email: [enquiries@nationalparanoianetwork.org](mailto:enquiries@nationalparanoianetwork.org)

Website: [www.nationalparanoianetwork.org](http://www.nationalparanoianetwork.org)

[support@nationalparanoianetwork.org](mailto:support@nationalparanoianetwork.org)

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

## **Tips to help someone who has been sexually assaulted**

Most people have little experience helping someone through a traumatic event such as a sexual assault, so it is normal to be unsure of what to do. What is most important is that you care enough to want to help.

Sexual violence affects not only the survivor of the violence, but also those close to them such as friends, partners and family members. If someone you know has been sexually assaulted, you may experience some of the same emotions as the victim. Your love, support and understanding is what your friend needs.

Below is a list of supportive tips you can use to support a friend or loved one who has been sexually assaulted.

### **1. Express care and concern.**

Let your friend know right away that you believe them, care and want to help. Four of the most important and basic messages that sexual assault survivors most need to hear from you are:

- I believe you.
- The assault was not your fault.
- Help is available.
- You are not alone.

Listen to your friend without judging them. The survivor likely came to you because they consider you to be a person of

they can trust. Remember to reassure them and validate their feelings. Tell them that you believe them and reinforce that they are **not** to blame for what happened.

## **2. Believe them.**

Make it clear to the survivor you believe the sexual assault happened and that it is not their fault. Never ask “why” questions which may make the survivor defensive such as “Why were you wearing that?” or “Why were you alone?” The percentage of false reports of sexual assault is no higher than for any other crime.

## **3. Give them the time and space that they need.**

Let the survivor tell you how they feel. Do not ask about the particular details of the assault as they might not feel ready to share. Do not take it personally if your friend does not want to talk to you or to anyone all right now. Part of being a good listener is letting your friend know that you’ll be ready to listen if and when they are ready to talk.

It takes courage to talk about a sexual assault with other people. Many survivors remain silent because they feel ashamed and/or they fear that they will be disbelieved or blamed if they tell other people about what happened. Allow the survivor to cry, scream, and express themselves however they need to in that moment. Remember, the survivor is angry with the assailant and the situation, not at you. Just be there to listen.

#### **4. Let them know that they do not have to go through this alone.**

Crisis and peer support workers and as well as other health professionals are available to help. The toll-free Sexual Assault Crisis Line for Newfoundland and Labrador is available 24 hours a day, seven days a week at 1-800-726-2743.

Reassure the survivor that you care. Ask if you can help them contact the Sexual Assault Crisis Line and/or other supports to access medical attention, available resources, and information for you both to answer the many questions you may have. These supports are invaluable – do not hesitate to contact them, even for a consultation.

#### **5. Encourage immediate medical attention.**

It is important for sexual assault survivors to seek emergency medical care as soon as possible – within the first 24-36 hours is best. A person who has been sexually assaulted may not realize that they have sustained serious injuries (internal and/or external). In addition, hospital staff such as the Sexual Assault Nurse Examiner (SANE) are trained to collect, preserve and document physical evidence of the assault. Emergency Department staff can also provide counselling and treatment related to sexually transmitted infections (including HIV) and pregnancy which may have resulted from the assault. Even if the assault happened a while ago, and even if your friend does not appear to have any physical injuries, it is important to encourage them to seek medical care.

## **6. Help them know their options.**

There are many difficult decisions that may need to be made following an assault, including some that are time sensitive. The survivor may want to seek medical care for sexually transmitted infection testing, pregnancy testing/prevention, physical checkups, forensic evidence collection, etc. They may wish to talk to a counsellor, or report the assault to authorities. As a friend, you don't need to be an expert on all the options that are available. The Newfoundland and Labrador Sexual Assault Crisis and Prevention Centre can be helpful in educating both you and the survivor on available options.

## **7. Give the survivor control.**

All control has been taken away from the survivor during the assault. Help the survivor to empower themselves to make decisions about what steps to take next. However, it is important that you do not tell them what to do. For example, let your friend decide if she or he wants to notify the police or contact a sexual assault crisis centre. Do what you can to assist your friend in getting information about these and other options so she or he can make informed decisions.

## **8. Maintain confidentiality.**

Respect your friend's privacy. Ask your friend what information, if any, is okay for you to share with others. Ask how to manage questions and concerns from classmates, friends and club members. Should they be directed to ask your friend directly? Are there ways you can respond and still respect your friend's privacy?

## **9. Take care of yourself and recognize your own limitations.**

If someone you know is assaulted you may feel upset and overwhelmed. Recognize that hearing about a sexual assault can be difficult and that you are going to have your own feelings about what has happened to your friend. Some of your feelings, like sadness and anger, may be similar to your friend's. It is normal and okay for you to experience your own reactions. You may even feel confused or unsure about how to best support your friend. This is normal, and not a failure on your part. There is a reason we have trained professionals to work with survivors – it is very difficult to listen to trauma.

Even if your friend doesn't want to talk to a counsellor, you can get support for yourself and find healthy ways to deal with your feelings. Talking to a counsellor can help you understand your own reactions to what has happened and enable you to support your friend more effectively.

## **10. Be patient and understanding.**

The trauma of a sexual assault does not go away quickly. It may take a while for your friend to recover. Sometimes friends and family members may expect sexual assault victims to “get over it” in a few weeks. Understand that the pain the survivor feels, and the symptoms, may last for a long time.

## Tips for What NOT to Do

- Do not pry for details about what happened.
  - Remember to respect the survivor's privacy.
  - Do not insist that the survivor talk about the incident if they would rather not.
- Do not question the survivor's account.
  - Do not judge the survivor's behaviour before, during or after the assault.
  - Remember that no one deserves to be violated or mistreated under any circumstances.
- Do not disagree with the course of action the survivor chooses to follow.
  - Allow the survivor to take control of her or his own life.
  - While your advice may be sound, the survivor knows the best way for them to heal.
- Do not become so emotionally involved that you cannot help the survivor.
  - Do not assume that you know how someone else feels.
  - Do not expect that you'll be able to make the survivor feel better.
  - Do not make the survivor deal with your own responses to the situation, such as anger or grief.
- Do not use words or comments like these, which blame or impose your own feelings on the survivor:
  - "You're lucky that nothing else happened. You could have been killed!"
  - "Why were you . . .? Why did you . . .?"

- “You shouldn’t have . . .”
- “It’s not a big deal.”
- “Calm down!”
- “I know how you feel.”
- “If I were you . . .”

### **Ways to deal with stress**

Dealing with stress involves identifying triggers, taking active control, and building emotional resilience through self-care. Key strategies include regular exercise, practicing mindfulness, setting boundaries, maintaining a balanced diet, getting enough sleep, and connecting with others for support.

#### **Top Strategies for Managing Stress**

- **Physical Activity:** Regular exercise (walking, swimming, cycling) reduces stress hormones and releases endorphins, improving your mood.
- **Take Control:** Break down overwhelming tasks into smaller, manageable steps, and prioritize your to-do list to feel more in control.
- **Mindfulness & Relaxation:**  
  
Practice deep, slow belly breathing, meditation, or yoga to calm the nervous system.

- **Connect with Others:** Talk to friends, family, or colleagues about your feelings to share the burden.
- **Healthy Lifestyle:** Eat a balanced diet, limit caffeine and alcohol, and ensure you are getting adequate sleep to build resilience.
- **Take Breaks & Hobbies:** Make time for hobbies and activities you enjoy, or spend time in nature to recharge.
- **Identify Triggers:** Keep a journal or reflect on what causes your stress to develop better coping mechanisms.

### **In-the-Moment Relief**

If you feel overwhelmed, try "square breathing" (inhaling, holding, exhaling, and pausing for equal counts), taking a 10-minute break, or simply going for a walk.


What is the 3 3 3 rule for stress?

The 3-3-3 rule for stress is a grounding technique that calms anxiety by shifting focus from overwhelming thoughts to the present moment through sensory engagement: name 3 things you see, identify 3 sounds you hear, and move 3 parts

of your body, effectively interrupting panic and bringing you back to reality.

If a friend or loved one tells you that they have been sexually assaulted, it is likely one of the hardest things they have ever had to tell you. It may take weeks, months or even years to feel ready to talk about what has happened.





# Native American Perspectives and Voice Hearing

— A Cultural & Compassionate Summary —

## A cultural and spiritual understanding

Many Native American cultures understand voice hearing, visions, and inner guidance through a spiritual and relational worldview. These experiences are often connected to ancestors, spirit guides, the natural world, or a person's role within the community.


Rather than being automatically seen as illness, such experiences may be understood as meaningful, symbolic, or calling-based — depending on how they affect the person.

## How voice hearing may be understood

- Communication from ancestors or spirit helpers
- Guidance received during vision quests, dreams, or ceremonies
- Messages connected to nature, animals, or the land
- Signs of a healing or spiritual role within the community

## When cultural interpretations are supportive:

- Provide meaning without fear or shame
- Are guided by elders, ceremony and community wisdom
- Encourage balance, respect and connection
- Support identity, belonging and purpose



## — A balanced, recovery-oriented approach —

- A respectful approach honours both → Cultural and spiritual meaning; and  
→ Mental-health or peer support when helpful

## What matters most

Feeling safe, respected, culturally understood, and supported — in ways that honour identity, community, and choice

## **Coping with Voices**

This section suggests some practical, mainly short-term ways, of coping with voices

### **Distraction Techniques**

#### **Give them a reason not to notice you.**

Who do you distract? Well first start with distracting others, in many ways it is easier. Douglas Adams, the writer of the hitchhiker's guide to the galaxy, makes a very accurate and useful observation of human nature. Human beings do all they can to not notice things as unusual, to explain things away and not to intervene. In Adams' fictional example humans refuse to see spaceships landing, however there are practical applications of this phenomena and uses for our desire not to notice.

Many voice hearers can cope to varying degrees with their voices but have problems from time to time when they have to go out and move about in crowded places. Most voice hearers realize that when they have to respond to voices people notice and at best think that they are strange or call them unpleasant things, this causes a great deal of anxiety and in turn leaves the person more open to negative voices.

Firstly, I would try paradoxical working and structuring time (discussed elsewhere) to see if voices will leave you alone whilst you go out and do what you have to do. If this does not work, then you can try any of the following:

## **Finding an interest**

One of the greatest ways to distract yourself is with something that catches your attention, meaningful employment is the one that most of us use but if you do not or cannot work then some other form of activity or action is essential to give you not only distraction but also a life outside of your voice hearing. Spending too much time with your voices might seem like the easy option at first but it can have very disruptive long-term effects, especially if you develop confusing beliefs as a result of what the voices tell you and don't check these beliefs out with friends before they become fixed and developed in your frame of reference.

## **Doing something**

It is very hard to both listen to voices and do something else either physically or mentally because of this one of the ways of getting some relief from voices is to do something. When you are doing this the voices will move into the background. The more you have to think about the task the more they will move away. The most basic in terms of activity is a pure physical task, the most readily available is housework but for many this is boring and that is why so many people have untidy houses. Some people, however, enjoy it and then it can be a great asset. The one some people recommend is playing a video game, even the handheld type. And they focus on games that can help get rid of some of the anger or other games that are loud, fast and require the person to

think quickly. It is amazing how fast this method can move the voices

### **Concurrent Verbalization**

The benefit of this approach is that it can help you to distract yourself as well as stopping voices: it may also have the added benefit of teaching selective listening. This method can demonstrate that you can control your response to voices or intrusive unwanted thoughts even if only for a short time.

This technique works on the assumption that most people find that concentrating on two things at once is difficult, if not impossible. Also, some research suggests that when people are hearing voices, they make very small movements of the vocal chords and mouth and tongue, sub vocalization. If this is true, at least for some individuals, then the occupation of the speech generation mechanism in another activity (verbalization) may block the voices. We know from reports that if you are speaking it moves the voices away somewhat. Practical applications of this can be reading out loud, indeed some people I have worked with tell me that reading to yourself is just as effective. Essentially anything that allows you to use your own vocal cords can help to minimize the volume and intensity of the voices.

### **Stopping and Naming**

Following on from concurrent verbalization, this technique simply involves you stopping what you are doing and naming

and describing the objects around you. This can be done either out loud or just in the mind, both have been found to be effective. The theory of this arises from both distracting yourself and also from the knowledge that the vocal cords and the vocal areas of the brain are active when you are hearing voices. By activating these areas, yourself it seems to have, for some people, the effect of reducing distressing voices. Secondly this method can distract you briefly, say when you are in public places, from responding to the voices. Naming objects in a shop window are a lot less likely to attract attention to you than just speaking out loud as its simplest if voices are giving you hassle and you want relief it can be hard thinking of conversation, and this can be an alternative way of occupying yourself. You can instead just stop what you are doing and name to yourself the things that you see around you, for instance a grey door with flaking paint, a window, a vase or a book. Doing this for a few minutes can get you some control back in your life and can also provide relief from the voices.

These methods are, together with physical methods, amongst the most effective in the short term but their long-term benefits are not substantial.

### **Drowning out the Voices**

Probably everyone's first learned skill with voices to get relief from them by drowning them out. With some demanding voices or voices that you are suspicious of this doesn't work as well but with persistent nuisance voices it can help to get

some relief from them. The commonest way to do this is to play music that you like at a volume that means that you cannot hear the voices. This volume varies from person to person and from time to time, but it is most important to consider others, as it can be annoying to them to hear the music as the voices can be to you. One way around this is to use headphones, although these limit your movement but if you can afford it there are roaming headphones that you can now use or even personal stereos.

Another way of drowning out the voices is to go to noisy places, but these tend to be public places and are not suitable for everyone. Repetitive activity that you don't have to tax yourself with can help some people to switch off from the voices and to also stop the voices from having a disruptive effect,

### **Longer Term Strategies**

Whereas the coping strategies mentioned so far are mainly useful in the short term the following techniques may be more beneficial over the medium to long term. Most of these strategies can be useful, however, if introduced very early in the person's experience of voice hearing.

### **Replying to the Voices**

A simple response to the voices rather than ignoring them can be helpful, especially if the voices are giving a commentary on your actions or saying inane and unimportant things. Often in these situations the voice

hearer may infer criticism or become very suspicious from these seemingly pointless commentaries. These trivial voices can become very disruptive for your life if you see too much in them so for example if the voice says, "That Street looks dark." It is easier just to respond simply and assertively "yes it does" or "no it is not." Lengthy dialogue in these situations is unnecessary and unhelpful.

### **Keeping a Record or Diary.**

Keeping a record of what the voices say over time can be very helpful for the person to see any meaning, patterns and origins of their voices. A specific diary just to record the voices is usually the best way of doing this.

### **Checking if what they say is true.**

Some people see their voices as having powers of foresight or knowledge, it can be helpful to check if this is true, usually by checking it with a friend or by seeing if what the voices say is true. Iain told me that he knew his voices were always right because they would tell him things like "the next car will be blue" and he said they were usually right. We tested this together, I asked him to tell me what they were predicting as it is very hard on your own to tell if this detail is correct. The voices' ability to predict the colour of cars was no better than chance so we then had the opportunity to explore why he felt that they were so powerful and if they lied to him or tried to have more influence than they could.

Martin felt haunted by two voices that could predict things happening to him and would come to him disguised as birds and try to trick him by making noises in the house to frighten him. Basic exploration of these ideas enabled Martin to conclude that perhaps he was inferring far more power than was actually the case for his voices.

### **Structuring Time.**

If I had to list the methods in order of effectiveness and ease of use, then this method is probably number one on my list. Getting relief from the voices is more people's first priority. In order to do this many of the distraction techniques can work but they work far better when coupled with this method. At its simplest I always say it is far easier to ignore voices, distract yourself from them and do deals with them if you also agree to give them a specific time.

The basic premises of structuring time is that you should set a limited period of time aside to listen to your voices and then try to keep the remainder of the time for yourself. If you live with someone else, a family member or partner they can help you with this by helping you stick to a timetable. As you know when talking to your voices it's easy to lose track of time.

Start by setting a realistic period of time aside for your voices, if you are afraid of your voices you may want to have a friend with you when you do this. Two hours is usually a good period of time although many people want to reduce

this to one hour pretty quickly. This time should be when it is least disruptive to you, say in the evening when you are normally on your own or when you come home in the morning from taking the kids to school.

Tell your voices if you can that they are having too much influence on your life, that you will listen to them, but only when it is convenient for you. They usually don't like this at first as they

### **Building Barriers**

The method especially useful for telepathic voices but also useful for other voices is the building of a barrier or mental/psychic wall. This technique is a very simple one and is similar to visualization except that rather than visualize the voice you visualize a barrier or wall between you and the voice. Again, you will benefit from some basic focusing techniques in order to that you know how far away the voices are and where to build a wall. Most people start building the barrier slowly when they are relaxed, you can even see a brick wall and put it up brick by brick. The voices may then find it difficult to penetrate through the wall. This method only allows short-term relief, as it is difficult to keep a barrier up for long periods of time. Once you have developed this as a skill you will find that you can put the barrier up very quickly. Some people can then leave gaps in the barrier and allow through selected voices or messages, so the wall becomes more of a filter. More information can be

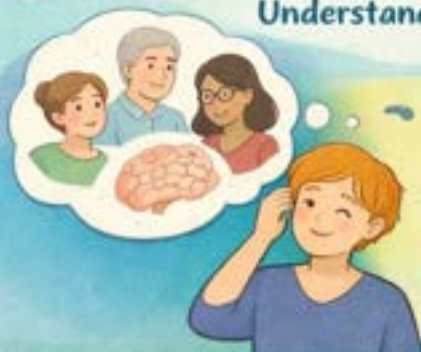
found about this and other techniques in a book by Dion Fortune (1997), *Psychic Self Defense*, ISBN: 1 899585 40 0.

### **Creating Boundaries**

We all have rights as human beings and can use these in our discussions with our voices. We should not expect to be spoken to or treated badly and the same is true of the voices that you hear. You should not accept abuse or things from the voices that you would not accept from other people and must learn to chastise the voices, say no and ignore them if they are being offensive or inappropriate. You must be assertive with this and nip any unacceptable behaviour in the bud by sending the voices away as soon as they say anything you do not like.

# When You Recognise the Voice:

## Understanding Familiar Voices



### Why Do Voices Sound Familiar?

- Memory Links
- Emotional Associations.
- Internalised Beliefs
- Stress or Trauma Processing



### Pause & Ground Yourself

"This is a voice experience.  
I can choose how I respond."



### Stay Curious, Not Fearful

- When does this voice appear?
- What is it trying to tell me?



### Separate the Voice from the Person

"It's from my mind,  
not the actual person."



### Set Boundaries

- I only listen to respectful voices."
- Not now, I'll talk later."
- You can't control me."



### Talk to Someone Safe

- Peer Support
- Therapist
- Trusted Friend.



~ This voice may sound familiar, but I decide how much attention it gets. ~



## **Maastricht Interview for Hearing Voices 3-day training. (online event)** By [Peter Bullimore & Roots Up](#)

**Monday, Apr 13 from 2 pm to 9 pm GMT+1**

This approach redefines the understanding of voice hearing, challenging conventional views that regard these experiences as pathological.

Monday, April 13, 9am to 4pm\*

Tuesday, April 14, 9am to 4pm\*

Wednesday, April 15, 9am to 4pm\*

*Click the link for further info*

[Maastricht Interview for Hearing Voices \(3-day training\)  
Tickets, Monday, Apr 13 from 2 pm to 9 pm GMT+1 |  
Eventbrite](#)

## **Childhood Emotional Neglect and Toxic Guilt: An Unpleasant Pair**

Growing up in an environment that sends you the message (directly or indirectly) that your feelings don't matter sets you up to believe that even having feelings is selfish. The emotionally neglected are extremely fearful of being selfish, and, so, guilt rears its head when there's an inkling of selfishness, which is often.

To separate from your parents, it's necessary for you to prioritize your feelings and needs over theirs. It's also necessary for you to say "no," set boundaries, and use your emotions as your guide to becoming your own person. Unfortunately, the emotionally neglected have difficulty with these necessary tasks, and guilt pops up, preventing them from making independent decisions.

Guilt is the feeling that you did something wrong or bad. The interesting thing about guilt is that it's typically attached to your belief system. If you believe having feelings is wrong or bad, you might see how guilt would be a predominant emotion. Guilt holds you back, keeping you stuck in old ways of thinking and behaving.

People who feel guilty the most are usually the people who have the least reason to feel guilty. The emotionally neglected tend to question themselves and care greatly

about others, many times to a fault. They're overly concerned about others and want to do "the right thing," sometimes trapping them in their guilty feelings.

### **3 Things to Practice to Heal Your Emotional Neglect and Guilt**

Pay attention to your feelings and emotional needs. If guilt is present, you can begin to understand it differently: as a message from your body telling you that you need to change. Your body is sending you this message as it tries to protect you, but the signals have gone awry. It's not you who has done something wrong; it's your childhood that did something wrong. When you reinterpret your guilt, you can use it as a driver toward change. You can begin working on identifying your feelings and needs, separate from your guilt, the very process of healing your Childhood Emotional Neglect.

Express your feelings, needs, desires, and wishes to others. Learning and practicing the emotion skills is a part of Childhood Emotional Neglect recovery. Guilt will be present during this process. Remember, you may experience many of these essential skills as being selfish, incorrectly, of course. But keep on practicing the skills despite the guilty feelings.

Interact differently with people in your life. Begin expressing your feelings to your partner and children, practice setting firmer limits with your parents, and start asking for help from friends. You might receive backlash or confused reactions

since your loved ones may not be accustomed to these kinds of interactions with you, and guilt may come rolling in. Don't let that stop you.

### **You Are in Control of Your Guilt**

Healing from Childhood Emotional Neglect isn't a linear process. It's when guilt presents itself that your lows may feel stronger and more difficult to overcome. But your guilt doesn't have to win. You are the one who's in control.





## 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.*

Hello,

I would like to welcome myself back. It's been a little while since I last wrote for the yoga section here at NPN, but I am so glad to be able to share with you once more.

Unfortunately, I was in a particularly dire real-life situation that required my full attention, but it's great to be able to come back as I do believe that sharing information that can help potentially save lives should be free or as low-cost as possible.

I know that the practices of yoga, meditation and somatic therapy have saved my life where I had nowhere else to turn, particularly in those moments when we don't have someone in person or at the end of a phone call.

This section is going to go a little differently. Each article will share a personal anecdote either from myself or you can submit your own questions if you'd like. I'll be analysing, contemplating each moment as though it's my own in the first person and offering a small practice that would help you create space, peace or agency wherever possible.

I hope you enjoy it!

1. The summer I thought my Dad was trying to murder me.

I had just got my new place on the council. Having spent years struggling with my mental health, and in and out of homelessness and having bad experiences with private rentals I had moved around a lot. I made few friends and at least in my head, many enemies, and felt like everyone was out to get me.

I had planned to have a small party with family and maybe a BBQ as I have a small outdoor space. I thought it could be great - finally my own home that nobody could take away from me.

But I immediately became very ill.

One day my dad came over to help fix some things. In council flats, you'll often be allocated them in a state of disrepair where they are deemed liveable but you'll essentially have to do all the DIY to make them actually habitable.

At a glance there was nothing wrong. But, gouges in the floors, faulty electric fittings and worrying marks and dirty pieces of soiled tissue stuck to the walls. I was okay, but I was in for a lot of work.

Everything my dad did, he made a small mistake.

This was the first trigger. I started to believe that he was deliberately trying to make everything rubbish so I hated living here.

Then, when installing the water filter for the sink he accidentally reversed the flow. Rather than having fresh, clean drinking water free from heavy metals, forever chemicals, and parasites I was hit with a concentrated dose of the build up from the sediment in the filter.

I was poisoned. I felt so tired. I lost it - to my mind everyone around me was looking for an angle to attack. I cancelled all my birthday plans and hid in my flat, terrified.

I ignored all my dad's messages and barely spoke to my mum.

In this time, I didn't know what to do. I had nowhere to go - I had just moved to a new area and had no local contact at the GPs or mental health service.

Essentially, I was on my own.

I struggle with auditory hallucinations and visual ones too. They range from peripheral to intrusive. When my health is bad like this, I can't see dreams from reality.

But I had a secret weapon. Having dealt with paranoia for most of my adult life, I knew that if it wasn't true it would pass.

I could lock my front and back door and bar anyone from entering. Physically I was safe.

I had enough food and fixed the water myself; I had all the nourishment I needed.

I kept up with gentle exercise. I bought a lymphatic drainage tool - a vibration plate - that helped me to move toxins around my body and started to do simple poses on them to maintain some physical standards and kept my body healthy.

I stayed away from alcohol or excessive sugar, as these can unbalance me.

And I started to write and speak aloud the things that were bothering me.

This is a practice that is common in most modern yoga trainings but is actually also common in shamanism. To live with different experiences can be very lonely so the teachings make it clear - you have to express what you're experiencing to be able to release it.

I work extensively with tools like astrology and human design, which map out key aspects of your personality and help you to choose the best ways to express things or how to behave.

For me, speaking them helps to release. So, any form of talking, or writing allows me to 1, express; 2, hear it back; 3, as it's personal, I can express without judgement.

Then, having expressed myself the next task was to calm myself. If my beliefs are true, how do I keep myself safe? I allow myself to be fully delusional knowing that the difference between danger, crime, antisocial behaviour and healing is inaction.

We can think or believe whatever we want. The problems occur when we act in ways that are to our detriment.

Turning inwards and choosing to take care of myself is the change and the only positive choice I can make.

When I am distressed like this it can be very hard to focus on anything else. Shifting focus, then is key. A practice from mindfulness that I love and used here was to try and be present by noticing things in the room.

*5 things*

*Notice 5 objects in the room. Notice their colour. Notice their texture. Notice if they have any smell.*

*Give time to think about each object, without deciding if you like or dislike it.*

Taking the time to slow down and just be in my environment helped me. This practice also prevented me from taking revenge or hurting myself when things felt completely hopeless.

I hope this is useful to you, and see you next time!

In sanity,

Jazmin

## **Manchester Hearing Voices Group**

Thursday 3pm -4.30pm with Paul

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](mailto: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](mailto: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](mailto: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](mailto: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=QkVETKEJ5lZtVz32kUa6xXmWvazdpE.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](http://bravebrothers.org)