



March Newsletter 2026



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

What is self-harm?

Self-harm typically refers to behaviours that lead to bodily harm as a result of overwhelming feelings or difficult emotions. Self-harm can take many forms, such as:

- Cutting
- Burning
- Punching walls
- Hitting yourself

Self-harm usually starts because a young person has a build-up of difficult or distressing feelings that they want to manage. The relief that comes from self-harm is temporary and is quickly followed by guilt and shame. This becomes a cycle which can feel difficult to get out of.

It's important to remember that most people who hurt themselves don't want to die. It's often a way for them to cope with overwhelming and distressing thoughts or feelings. Nevertheless, it's important to take self-harm seriously.

Signs of self-harm to look out for

Self-harming behaviour isn't always obvious. However, you can look out for the following signs that might suggest someone is hurting themselves:

- unexplained cuts, bruises or marks
- covering up all the time, even in hot weather
- acting quieter than usual
- withdrawal or isolation from everyday life
- lacking energy

- signs of depression such as low mood, tearfulness or a lack of motivation or interest in things they once found interesting
- changes in mood or mood swings, for example, becoming more aggressive than usual
- talking about self-harming or suicide
- changes in eating or sleeping habits
- misusing drugs or alcohol
- expressing feelings of failure, uselessness or loss of hope
- risk-taking behaviours
- signs of low self-esteem such as blaming themselves for any problems or saying they are not 'good enough'.

These signs may not always mean someone is self-harming. They could indicate a mental health difficulty such as anxiety or depression. It's also possible that there will be no warning signs when someone is hurting themselves. If you're worried someone may be self-harming, it's important to speak openly, honestly, and without blame.

Tips on how to stop self-harming

Once you start self-harming, it can be difficult to stop. Yet, learning alternative strategies to manage your emotions when you feel distressed or upset can help you get out of this cycle.

Here are four strategies you can use to cope with your difficult feelings instead of self-harming.

1. Talk to someone

It can help to talk to a friend, family member or adult you trust when you feel overwhelmed. Letting someone know what you are thinking and feeling can relieve some of the pressure. If you're unsure how to start the conversation, try writing out what you want to say or using a list of words to describe your emotions.

If you're still nervous about opening up and don't know where to start, you could say:

- 'I need to talk to you about something I've been struggling with. It's really difficult to say, but I need your support.'
- 'I've been going through a tough time, and I've found myself dealing with things in ways that I'm not happy about. I want to talk to you about it because I trust you.'
- 'Lately, I've been feeling really overwhelmed, and I've been dealing with it by hurting myself. I think I need help to get through this.'

2. Make a 'safe box'

A safe box is a toolkit that can help you when you're feeling overwhelmed and have the urge to harm yourself. You can include whatever keeps you calm and makes you feel good in your safe box.

Here are some examples of what you might include:

- Your list of people you can speak to when you need to.

- Activities such as a colouring book or pages.
- Your favourite book, music playlist or movie.
- Sensory objects, such as items with a strong smell or unusual texture.
- A list of things to do that calm you when you feel upset or triggered.
- A list of statements or reminders about yourself, such as ‘My feelings are important, but I don’t have to act on them,’ or ‘It’s okay to feel overwhelmed. I’ve gotten through it in the past.’

3. Do something you enjoy

Self-harm does not define you. There is more to you than self-harm. Doing things you enjoy can help remind you of this and make you happy. The activities you choose are completely your choice. It could be a sport you enjoy or a creative hobby such as writing or art.

To help you figure out what activities, places or people make you feel content and safe, you can ask yourself:

- What makes me feel most energised?
- When do I feel most calm or joyful?
- What makes me feel most connected to others?
- Who do I feel like the best version of myself around?
- What activity have I always wanted to try?

4. Surf the urge

‘Urge Surfing’ is a mindfulness technique that can help you manage your need to self-harm. The trick is to accept the thoughts associated with the urge without acting on it. Like a wave, if you allow yourself to surf the urge, it will eventually lose strength.

When you feel an urge, try to:

- **Observe it:** Close your eyes and notice where you feel the urge in your body. Describe it without judgement - does it feel hot, cold, heavy or tight? Does it have a colour or size?
- **Accept it:** Acknowledge the urge without fighting it. Remember, the feeling is okay, and you don't have to act on it.
- **Notice your breathing:** Simply observe your breath moving in and out without trying to change it.
- **Bring your attention back to your body:** Return your attention to where you felt the urge. Has it changed? If it grows stronger, pay attention to your breathing again. Send kindness to yourself and the area of discomfort.

You can get support from the Samaritans on 116 123



Living with the magnetism of madness

I am on intimate terms with my madness. Together we have been seducers and lovers, escapees and bad asses, competitors, companions and mortal enemies. These days we are more like constructive collaborators.

Well, that's a bit of a fib. It's like that most of the time, but some days my madness and I still have a bit of a barney. The important thing is that I am the one who retains control. Mostly. It wasn't always like this. For most of my life my madness was an unknown. An invasive other self and alien other world. And sometimes, awful as it was, madness also had a kind of magnetism. Madness can bring a strange comfort. For me it often came with a seductive quality that lured me to relax and fall into the familiar comfort of its waiting arms. Despite all of the chaotic cognitive calisthenics of madness, the existential emptiness and emotional agonies, madness came with something achingly beautiful, too. A release, a letting go, a freedom of being that felt unequalled in its authenticity. Madness requires no responsibility, no accommodations, no requirements of any kind besides surrender. I often felt that being in a state of madness was the ultimate honesty, and so it had a raw and wild beauty that made it hard to escape. Of course, most of the time it just sucked completely, but somehow, I often seemed to forget that. Even now, some days the lure of madness peeks out at me; it whispers for me to let go and submit. Sometimes my voice speaks to me in the middle of

meetings. Sometimes it screams. Some days the urge to self-harm itches like an ankle full of flea bites, telling me that just one scratch will bring relief. Some days my head is so busy it feels like there are no neurons left with which to think. Some mornings I wake up after long familiar nightmares of sheer terror, sweating and shaking and feeling like torment is my new skin. Others days I feel the possibility of letting go of reality is so close that the seams of my mind and body are held with nothing more than a sliver of floss. My theme song on those days is Radiohead's *Climbing up the walls*. But as well as I know this tune, I have many others in my repertoire now. *Closer to Fine* by the Indigo Girls. *Steer* by Missy Higgins. *One Voice* by the Wailin' Jenny's. I sing to these tunes when I can. I no longer suppress or ignore or fight these whispers and soul aches. I have learnt that this tempting strange darkness will probably always be a part of my life and so I need to hold it and love it. I have tried the alternatives, and they don't work. I have learnt that my madness holds wisdom, but it is a childlike kind of wisdom with a limited palette and a large brush. It alerts me to emotions and problems that I need to attend to, it was shaped by a terrible past that I can understand but never change, and while the truth of my madness is important to hear, I now know that its problem-solving skills are just not that great. It still makes the same kind of awful suggestions that it always did. I have not really been able to change my madness all that much – but I have been able to change how I understand it, how I respond to it, and how I accommodate it. So, I listen to my madness, I hear the messages that sit behind the strangeness of it, I

thank it and love it, I weigh it up carefully ... and then I make my own decisions. Madness may still feel like a seductive lover, calling to me to join it in a tumultuous affair. But real life is more like a marriage than an affair. It's difficult and requires listening and work and compromise But, it's worth the commitment. Well, most days anyway.



5 Tips for Dealing with Guilt

It's amazing how quickly guilt can kick in for the smallest, most meaningless things in our lives.

Guilt is an emotional warning sign that most people learn through their normal childhood social development. Its purpose is to let us know when we've done something wrong, to help us develop a better sense of our behavior and how it affects ourselves and others. It prompts us to re-examine our behavior so that we don't end up making the same mistake twice.

How can we help combat our guilty feelings, and accept them when they're important, but let them go more easily when they're not?

1. Recognize the kind of guilt you have and its purpose.

Guilt works best to help us grow and mature when our behavior has been offensive or hurtful to others or ourselves. If we feel guilty for saying something offensive to another person, or for focusing on our careers with an 80-hour work-week over our family, that's a warning sign with a purpose: change your behavior or else lose your friends or family. We can still choose to ignore our guilt then, but then we do so at our own risk. This is known as "healthy" or "appropriate" guilt because it serves a purpose in trying to help redirect our moral or behavioral compass.

The problem arises when our behavior isn't something that needs reexamining, nor is it something that needs to be changed. For example, a lot of first-time moms feel badly about going back to work part-time, fearful it may cause unknown damage to their child's normal development. That's simply not the case in most situations, however, and most children have a normal, healthy development even when both parents work. There's nothing to feel guilty about, and yet we still do. This is known as "unhealthy" or "inappropriate" guilty because it serves no rational purpose.

If you're feeling guilty for eating five chocolate bars in a row, that's your brain's way of trying to get the message to you about a behavior you probably already recognize is a little extreme. Such behavior may be self-destructive and ultimately harmful to your health and well-being. So, the rational purpose of this guilt is simply to try and convince you to change this behavior.

2. Make amends or changes sooner rather than later.

If your guilt is for a specific and rational purpose – e.g., it's healthy guilt – take action to fix the problem behavior. While many of us are gluttons for self-punishment, ongoing guilt weighs us down as we try and move forward in life. It's easy enough to apologize to someone whom we've offended by a careless remark. It's a little more challenging to not only recognize how your 80-hour-a-week career may be harming your family, but to also change your work schedule

(assuming that there were legitimate reasons for working 80-hours a week in the first place).

Healthy guilt is telling us we need to do something different in order to repair relationships important to us (or our own self-esteem). (Unhealthy guilt's purpose, on the other hand, is only to make us feel badly for little legitimate reason.) While sometimes we already know the lesson guilt is trying to teach us, it will return time and time again until we've actually learned the lesson fully. It can be frustrating, but it seems to be the way guilt works for most people. The sooner we "learn the lesson" – e.g., make amends, work to not engage in the same hurtful behavior in the future, etc. – the sooner the guilt will disappear. If successful, it will never return for that issue again.

3. Accept you did something wrong, but move on.

If you did something wrong or hurtful, you will have to accept that you cannot change the past. But you can make amends for your behavior, if and when it's appropriate. Do so, apologize, or make-up for the inappropriate behavior in a timely manner, but then let it go. The more we focus on believing we need to do something more, the more it will continue to bother us and interfere with our relationships with others.

Guilt is usually very situational. That means we get into a situation, we do something inappropriate or hurtful, and then we feel badly for a time. Either the behavior wasn't so

bad or time passes, and we feel less guilty. If we recognize the problem behavior and take action sooner rather than later, we'll feel better about things (and so will the other person) and the guilt will be alleviated. Obsessing about it, however, and not taking any type of compensatory behavior (such as apologizing, or changing one's negative behavior) keeps the bad feelings going. Accept and acknowledge the inappropriate behavior, make your amends, and then move on.

4. Learning from our behaviors.

Guilt's purpose isn't to make us feel bad just for the sake of it. The feeling of guilt is trying to get our attention so that we can learn something from the experience. If we learn from our behavior, we'll be less likely to do it again in the future. If I've accidentally said something insulting to another person, my guilt is telling me I should (a) apologize to the person and (b) think a little more before I open my mouth.

If your guilt isn't trying to correct an actual mistake you made in your behavior (e.g., it's unhealthy guilt), then there's not a whole lot you need to learn. Instead of learning how to change that behavior, a person can instead try to understand why a simple behavior most people wouldn't feel guilty about is making one feel guilty. For instance, I felt guilty for spending some time playing a game during regular work hours. Since I work for myself, however, I don't really keep "regular work hours," but it's hard for me to change that mindset after years of working for others.

5. Perfection doesn't exist in anyone.

Nobody is perfect, even our friends or family members who appear to lead perfect, guilt-free lives. Striving for perfection in any part of our lives is a recipe for failure, since it can never be attained.

We all make mistakes and many of us go down a path in our lives that can make us feel guilty later on when we finally realize our mistake. The key, however, is to realize the mistake and accept that you're only human. Don't engage in days, weeks or months of self-blame or battering your self-esteem because you should've known, should've acted differently, or should've been an ideal person. You're not, and neither am I. That's just life.

Guilt is one of those emotions that we feel is telling us something important. Be aware that not every emotion, and certainly not every guilty feeling, is a rational one that has a purpose. Focus on the guilt that causes loved ones or friends harm. And remember to be skeptical the next time you feel guilty – is it trying to teach you something rational and helpful about your behavior, or is it just an emotional, irrational response to a situation? The answer to that question will be your first step to helping you better cope with guilt in the future.

Tips on How to Stop Intrusive Thoughts

When you allow the thoughts to run your life, you make choices that negatively affect you. How to stop OCD intrusive thoughts depends on the severity of the problem. If you've already been avoiding the problem for some time, you may also have co-occurrence disorder as a result of negative behaviours. Treatment can be as simple as using intrusive thoughts self-help methods like mindfulness. Others may require medication for intrusive thoughts from OCD along with cognitive therapy. Here are some things you can do to help you not react negatively to intrusive thoughts that come up.

1. Understand Why Intrusive Thoughts Disturb You

Intrusive thoughts latch onto things that mean a lot to you. This is what makes it such a disturbance for your nervous system. It could be your family, animals, your job, or your reputation. If something pops into your mind that you're hurting an animal when you love them, it's going to get your attention. Alternatively, there are people who hunt animals so the same thought wouldn't be intrusive. There are many unwanted thoughts running through your mind. It's the ones that go against your core values that become intrusive. An unwanted thought will naturally make you feel fear, disgust, or alarm. If you react negatively, it's going to make the thought seem even stronger. Understanding your own core values will help you to understand those unwanted thoughts you have. You will understand why they make you feel afraid

or why you'd react negatively to them. Eventually, you can turn these obsessive thoughts into ones you can simply move on without.

2. Attend the Intrusive Thoughts

You can minimize the damage of intrusive thoughts with self-help. This includes being mindful in the wake of an intrusive thought. In the moment of an unwelcome thought, you might react to them as though they're real. You may incessantly fear that you'll act upon these obsessive thoughts. Accepting intrusive thoughts is the key to dealing with them. They no longer mean anything to you when you acknowledge them. Don't try to figure out what it all means or use tactics to avoid causing harm to others. This causes your mind to pay extra attention to the intrusive thoughts, which is the last thing you want. How to get rid of intrusive thoughts is to see them come through you and move on.

3. Don't Fear the Thoughts

One of the coping mechanisms for dealing with intrusive thoughts can include avoidance. Commonly you'll avoid these intense thoughts because you don't know how to deal with them. When intrusive thoughts are fear-based, it's key not to push it away. Talk yourself down and tell yourself it's fine. Accept that the obsessive thought is there and don't try to resist the experience. You may feel tension all throughout your body, but it will pass. Trying to run and hide from a fearful thought with your own feelings of fear qualifies it.

4. Take Intrusive Thoughts Less Personally

OCD thoughts are not always real and yet we tend to believe them to the extent that we'll apologize for something that never happened. It's important not to take the thoughts you have as the person you are. An emotional reaction to how you think just keeps the thought alive. Letting go of thoughts is something we do all the time. It shouldn't differ when it's a disturbing thought. You know that these intrusive thoughts are not likely to happen. Find the deeper sense of trust in yourself. You can reason with yourself by saying,

"This thought could become a reality, but the chances are pretty slim. I won't worry about it right now. Everything is okay at this moment."

5. Stop Changing Your Behaviours

Compulsive behaviour can manifest when you try to change who you are based on the intrusive thoughts you experience. OCD thoughts are not real so changing your reality to try to work around it is not a solution. Compulsions are mental behaviours you'll do to get some kind of comfort or certainty about these thoughts. Somewhere in your mind, you believe that obsessive hand washing is how to get rid of bad thoughts forever. You may change your life around too. If you have intrusive thoughts about kids, you may avoid parties for example. You can't avoid triggers of these obsessive thoughts. This strategy just keeps the cycle going.

6. Cognitive Therapy for Treatment of OCD Intrusive Thoughts

Those with intrusive thoughts from OCD or complex PTSD intrusive thoughts benefit from mindfulness exercises but usually require treatment past self-help also. Cognitive Behavioural Therapy (CBT) has shown to be 70% effective in patients with OCD. Through CBT, patients have to deal with their fears which helps alleviate the compulsions. It's essentially a treatment of detoxing the mind holistically. A modified CBT approach for intrusive thoughts include:

- Taking a self-report questionnaire like an OCD intrusive thoughts test.
- Role-play simulation with electronic cueing.
- Determining the thought process a person goes through.
- Refocus the brain through mental education.
- Gathering evidence to challenge the deep beliefs the patient has.
- Intentional thought exposure.
- Situational exposure.
- Non-judgemental acceptance.

Memory without emotion is just information

Memories can trigger many emotions some people cannot cope with their emotions so they switch them off, this can become problematic in later years if they start to feel their emotions due to memories being evoked by certain events, they can become overwhelmed by their emotions, this could result in the person hearing voices or experiencing paranoia

Learning to feel our emotions and control them can help us control our voices and paranoia.

Which emotions trigger your voices/paranoia?

Fear, anger, jealousy, guilt, doubt, grief, lonely, sad any others?

What memories do they evoke?

How do the memories make you feel? Disempowered, do you feel like a child again, afraid, isolated, out of control any others?

What do you do? Does it help?

What else could you do?

It is useful to look at your memories and emotions in the context of your life history the more that we can control our emotions the more control we have over our experiences.

- Why do you think that your emotions cause you problems?
- When did start to have problems with your emotions?
- Can you relate your emotions to any psychological problems or traumatic problems in your life?
- Did you feel noticed by your parents/caregivers?
- What do you like about yourself?
- What do you dislike about yourself?
- How has your life experiences made you feel how you do today?

Consequences of switching of your emotions

- It is like I have no emotions.
- I am numb a lot of the time.
- Something is missing in me.
- I have no idea how I feel about anything.
- Sometimes my chest feels hollow.
- I feel empty inside.

- The six statements above might seem like five unrelated statements, but they are actually five different people describing the same feeling.
- Everyone says it differently because there is no standard word for it.
- But for these five people, and thousands more, it is the same feeling, caused by the same problem.

The one word that sums it up best: **Empty**

So, as an adult, when you feel empty, what is missing in you is the same ingredient that was missing in your childhood: acceptance, responsiveness, and validation of your emotions.

But now, in adulthood, it is not from your parents that you need this acceptance.

It is from yourself.

“But I do have emotions,” the person may say to you. “So why do I still feel empty?”

Picture a wall inside yourself.

On one side of that wall is your feelings, and on the other side is you.

Your feelings exist, and they are real.

Sometimes one breaks through the wall and you feel it.

But the wall is still there.

Breaking down the wall

- **Accept that your emotions are blocked off, but they are still there, waiting for you.** Your child's brain protected you by walling off your emotions, but it could not make them go away completely. Today you can still access them. By accepting that they exist, you will be able to learn how to listen to them, use them and manage them.
- **Pay attention to your feelings.** This is probably the single most powerful thing you can do to cope with your emotions. It is a way to do the opposite of what your parents taught you, start to honour your feelings, and reach across the wall to the richness, colour, and connection that lies on the other side: your emotions. Paying attention to your feelings will allow you to begin to use them as they are meant to be used.
- **Practice sitting with negative feelings to increase your tolerance.** Learning how to sit with strong or painful feelings is one of the main early building blocks to learning all of the emotion skills. Sitting with negative feelings will put you in control of yourself.
- **Keep an ongoing list of your Likes and Dislikes.** Pay attention and take special note as you go through

your day. Write down everything you can find that you either do or do not like. It can be small, medium, or large, but nothing is too small to make the list. Knowing these things about yourself will set you up to be able to make yourself happier.

- **Develop and practice compassion for yourself.** As a person who has problems with your emotions you are probably far kinder to others than you are to yourself. Try to accept that as a human being, you have the same rights that you allow everyone else. You will make mistakes, you will make poor decisions, and you will fail. And you should not be any harsher on yourself for those things than you would be on a friend who you love. Practicing self-compassion will build your self-love.
- **Become aware of the feeling of anger when it happens in your body.** Of all the emotions, anger is the one that, when blocked off instead of expressed and managed, will consume you. Becoming aware of your anger will immediately start to soothe and empower you.
- **Read a book on assertiveness.** Learning how to be assertive is the counterpart to becoming aware of your anger. Being assertive is a way to get other people to hear what you feel, hear, and need. Learning assertiveness will make other people value you more.

- **Share your story with someone close to you.** There is something about sharing your story that allows you to own it and take it seriously. Telling someone about your life will help you feel less burdened and alone.
- **To take charge of your emotions,** practice the self-soothing techniques below to prevent getting overloaded by the stress of the world or your internalized stress.
- **Use Conscious Breathing.** As soon as stress hits, immediately take a few deep, slow breaths. Breathing helps you expel tension, so it doesn't lodge in your body.
- **Engage in Positive Self Talk.** Tell yourself, "This is a transient situation. I will find the best way to handle this. Everything will be okay." Do not let negative, fear-based voices get in the way of consoling yourself with kindness.
- **Develop a witness state.** You are larger than fear. You are larger than anxiety. When you notice yourself feeling stressed or overwhelmed, tell yourself: "I am not this emotion. I can centre myself. I can lovingly detach from my state of overwhelm and lovingly witness the feelings I am experiencing. Realizing you are larger than the feeling, will relax you and offer your perspective.

- **Practice self-compassion.** Your thoughts make a difference. Be sweet to yourself whenever possible — avoid beating yourself up. Remember to show yourself compassion when you are stressed or emotionally distraught. Replacing negative thoughts with positive ones enhances your well-being. (Try Pause choose action)





Voice Hearing and Buddhism

In Buddhism, thoughts, inner voices, images, or sensations are understood as mental events that arise and pass away.

They are not automatically signs of illness or absolute truths, but experiences to meet with awareness and compassion.

In Buddhist understanding voices may be seen as:

- ⇨ Mental phenomena arising from the mind
- ⇨ Shaped by past experience and conditioning
- ⇨ Occurring during meditation or altered states,
- ⇨ Part of human suffering (*dukkha*), not personal failure

Buddhism focuses less on who the voice is, and more on how one relates to it.

Buddhist approaches can be supportive when they:

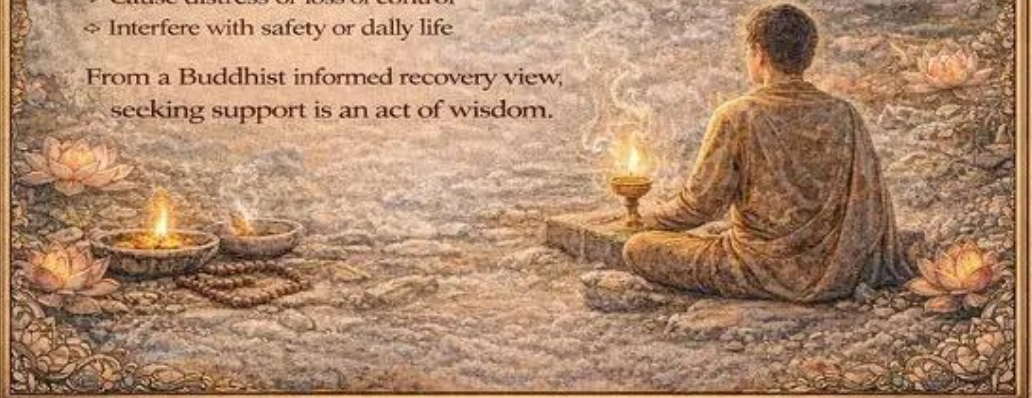
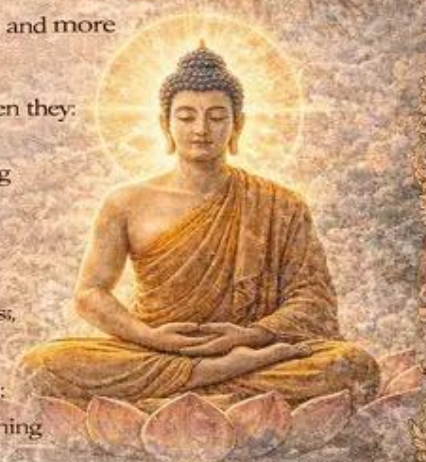
- ⇨ Encourage non judgemental awareness
- ⇨ Reduce fear by observing rather than fighting
- ⇨ Cultivate self-compassion
- ⇨ Support grounding in the present moment

Practices such as mindfulness, breathing and loving-kindness (*metta*) may reduce distress, even if voices continue:

Additional support is important if voices:

- ⇨ Are frightening, commanding or overwhelming
- ⇨ Cause distress or loss of control
- ⇨ Interfere with safety or daily life

From a Buddhist informed recovery view, seeking support is an act of wisdom.



The National Paranoia Network & Telford Neuro SENTER Present a Two-Day Workshop

How to use the Maastricht Interview for Hearing Voices. A Social & Biographical Approach to Hearing Voices, a Lived Experience Perspective April 1st & 2nd 2026

This workshop provides training for workers in mental health who work with people that hear voices. The method involves accepting and making sense of a person's experiences and tries to establish a link between what the voices say, and the meaning of their voices related to their life experiences as a means of providing both relief and the possibility of recovery. The workshop also provides an opportunity for the workers to understand the underlying principles of this approach and evidence of success by interviewing people with lived experiences who have been through the interview process.

- To talk to a person who has lived experiences of hearing voices about their experiences in a comprehensive way.
- Have knowledge of different frames of reference about voice hearing in relation to historical evidence and epidemiological data and be able to discuss these.
- Demonstrate competence in the use of the Maastricht interview and recording the experiences of the person
- Understand and be able to identify the role of the interviewer. The interviewer role needs an ability to extract information and be an objective listener, suppressing therapeutic ambitions or comments.
- Demonstrate competence to enable the person with lived experiences, to make a normalising relationship with their voices in which the person feels interest, acceptance, and respect.
- Demonstrate competence in identifying and exploring those strategies that enhance control of their experiences.

Book your place through Eventbrite Here

<https://www.eventbrite.co.uk/e/how-to-use-the-maastricht-interview-for-hearing-voices-tickets-1983478277923?aff=oddtcreator>

Held at Mayfair Wellbeing Centre, Easthope Road, Church Stretton SY6 6BL

Contact Peter Bullimore for further information

Email: peterbullimore@yahoo.co.uk





Now Virtual!

Full Maastricht Training for Voice Hearing

With Peter Bullimore



Peter Bullimore

Chair of the National
Paranoia Network



What is Maastricht?

The Maastricht Approach, created by Sandra Esher and Marius Romme with Voice Hearers in the UK, views hearing voices as a normal experience linked to personal history. It emphasizes acceptance and understanding of these experiences to foster relief and recovery.



Goals of The Approach:

Voice Hearers Will Learn:

- Skills to cope, negotiate, or build positive relationships with voices
- To have pride in their experiences
- To give their voices personal and positive meaning
- To create a life in which the voices become a part
- Skills to make their own choices without being dominated by voices



Training Description:

This training is for providers and supporters to gain insight into the experience of voice hearing and learn strategies for supporting a person to navigate their personal experience with voice hearing.

**Reserve Your Seat Now!
20 Spots Open**

\$250 Registration Fee



<https://tinyurl.com/4je4kc5n>

Dates:

5/1/26

5/4/26

5/5/26

Attendance is Required for
all Sessions

Time:

9:00 AM - 5:00 PM

Location:

Virtual Through Zoom

Earn 21 CEUS!



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2075 Silas Deane Highway
Rocky Hill, Connecticut 06067



MAASTRICHT INTERVIEW FOR HEARING VOICES

Delivered by The National Paranoia Network & Roots Up

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

Online event

Apr 13 from 2pm to 9pm GMT+1

Monday, April 13, 9am to 4pm*

Tuesday, April 14, 9am to 4pm*

Wednesday, April 15, 9am to 4pm*

All times are offered in the Eastern time zone

<https://www.eventbrite.com/e/1964689236394?aff=oddtcreator>

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 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

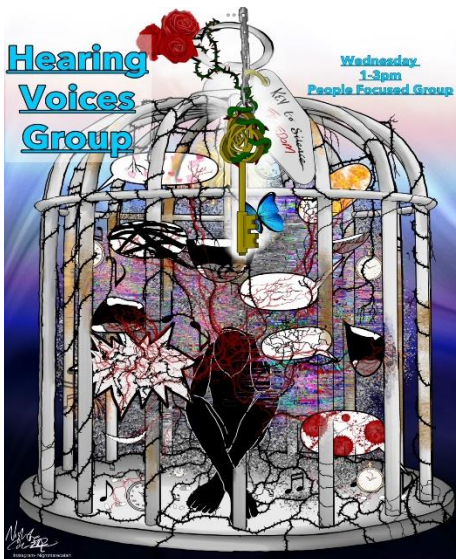
45 Montrose Avenue

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=QkVETKEJ5JZtVz32kUa6xXMMWvazdpE.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

Join us at Butterflies and Beyond. A new weekly peer support group designed for new parents, parent-to-be and anyone who may have experienced birth trauma.

We will provide a nurturing environment for you to share, learn and heal during your parenthood and pregnancy journey.

What to expect:

- A friendly discussion in a safe environment
- Practical support and guidance
- Sharing experiences and challenges
- Building community and connection with other parents

All parents and caregivers are welcome. Bring your little ones along. No registration, just come as you are.

Our first session starts on 1st May. We'd love to see you there. For more information contact. lynsey@peoplefocused.org.uk



A weekly peer support group for new parents, parent-to-be and anyone who may have experienced birth trauma.

Join us in a safe space where you can share your experiences and build connections with other parents.

Refreshments provided. Just turn up
Thursdays - 10-11am

Safespace, People Focused Group
45 Montrose Avenue, Intake. DN2 6PL

For info contact:
lynsey@peoplefocused.org.uk
07592 893137

