

The Voices Clinic is a psychological therapy service for anyone who hears distressing voices, regardless of your diagnosis.

We offer up to **8 sessions of one-to-one Cognitive Behavioural Therapy (CBT)**. The therapy aims to help you develop more **effective ways of coping** with voices. You will also have the opportunity to review the way you **see and feel about yourself and your voice(s)** and learn new skills, such as **assertiveness** when responding to voices.

The therapy is based on the self-help book called 'Overcoming Distressing Voices'. We will provide you with a copy of this book, as well as some supporting workbooks and an app.

How can I be referred into the clinic?

If you think the clinic can help you, please speak to a member of your care team who can make a referral for you. Please note that this is **not** a self-referral service.

What happens next?

Once we have received your referral, we will invite you for an **Initial Meeting** with a Clinic Assistant.

- **Initial meeting:** this is an opportunity to discuss your voice hearing experiences and also complete some questionnaires about voice hearing, mood and self-esteem. You and the Clinic Assistant will explore whether therapy would be helpful for you.

If therapy **would** be helpful for you, you will be assigned to a therapist and arrange to meet with them for regular sessions at your local mental health services. Each therapy session lasts for up to an hour. All of your usual care will continue alongside the Voices Clinic therapy.

If therapy would **not** be helpful for you at this time then we will inform you and your care team.

After therapy is completed, you will be invited for a **Feedback Meeting** with a Clinic Assistant.

- **Feedback meeting:** this is a chance for you to discuss your experience of therapy and complete the same questionnaires from the initial meeting to understand and review your progress.

Hear from people who have already been through the Voices Clinic:

"My life has changed for the better"

"They (the voices) are still there but I have risen above it now, I just get on with my life"

"I can just ignore them now and get on with it... they're not going to go away"

"I can finally start to look at getting my life back and do the hobbies my voice has never let me do"

"I was apprehensive at first but the therapy was better than I thought it would be"

"Thank you so much for all of your help, it has been great for me"

"I'm very, very happy with the therapy... it has changed my life"

After therapy, most people report reduced levels of distress, as well as improvements in their recovery and wellbeing. When asked, 100% of people said they would recommend this service to friends and family if they were in need of similar care or treatment.

If you want to know more, or have any questions about the Voices Clinic, please contact us