

# Hearing Voices Group

## Bognor Regis

**When:** The last Thursday of every month 3.00pm-4.00pm

**At:** House 48 Sudley Road, Bognor Regis PO21 1ER

**Telephone:** 01243 868647

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Hearing Voices Bognor runs a self-help group for people who hear voices, or who have visions, tactile sensations or other sensory experiences. In line with the national Hearing Voices Network's approach, the purpose of the groups is to provide an opportunity for people who have (had) such experiences to talk freely about them together, and to support those who seek to understand, learn and grow from them in their own way.

### **Please come along if you would like to:**

- Meet others with similar experiences
- Talk openly about experiences in a respectful, safe and supportive setting, without being labelled 'ill' or 'psychotic'
- Reduce isolation and socialise
- Share and learn new ways of coping with difficulties

**The group is not for the purposes of 'assessing', 'monitoring' or 'treating' so-called 'symptoms'.** It is facilitated, but not 'led' by the facilitators. Group members will have a big part to play in shaping the group to fit with what they need and want.

Hearing Voices Bognor is an open, drop-in group, which means that you can join at any time and come as often or as little as you want to.

